



EASY SLOW COOKER CHICKEN STOCK

INGREDIENTS

- 4 large chicken legs with thigh connected
- 6 cloves garlic, crushed
- S+P to taste
- 1 Spanish onion, rough chopped
- 1 large carrot, rough chopped
- 3 parsnips, rough chopped
- 1 leek, washed and rough chopped
- 2 stalk celery, rough chopped
- ½ bunch thyme or parsley
- ½ bunch rosemary
- 1 ts whole peppercorns
- 4 L water

METHOD:

1. Preheat your oven to 400.
2. Wash, peel and rough chop vegetables, discard peels, trims.
3. Rub garlic onto the chick legs and season with S+P.
4. Toss vegetables with garlic, then lay on a baking sheet. Put the chicken legs on top.
5. Roast in the oven for 30 minutes.
6. Set your 6 Quart slow cooker to high and set timer for 8 hours.
7. Add the vegetables to the bottom, then add the chicken.
8. Measure and add all the other ingredients.
9. After 3 hours, remove the chicken and pull all the cooked meat from the bones.
10. Add a little stock to the pulled chicken to retain moisture.
11. Add all the remaining chicken back to the slow cooker and turn to low and slow cook for another 5 hours.
12. Strain the solids through a fine mesh sieve.
13. Cool the stock, then refrigerate. It can also be frozen.

Y: 3.5L stock

Shelf Life: 1 week fresh, 3 months frozen