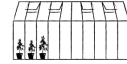


# Homemade Stock



Jaz Mathisen

AWAKINO STATION

Fresh stock is incredibly easy to make and becomes the foundation for soups, gravies, and casseroles.

- Consider what bones you are using to make stock. Leg and shank bones are good as they have plenty of connective tissue and cartilage which breaks down to gelatine. Neck bones add flavour and richness. If using fresh bones, roasting them first will add depth and colour to the stock.
- Adding acidity in the form of apple cider vinegar helps to break down the cartilage. This helps create a protein-rich broth which becomes gelatinous when cooled.
- Vegetables add layers of flavour to the stock. Vegetable scraps work just as well as whole vegetables and are a great way to reduce food waste. Simply freeze veggie scraps throughout the week ready to be turned into stock.

## Ingredients:

- Leftover roast bone, or shanks and neck chops
- Approximately 2L water
- 3 tbsp apple cider vinegar
- 1 onion, halved
- 1 bulb garlic, halved
- 1 carrot, sliced
- 2 sticks celery, sliced
- 1 bay leaf
- 1 tsp peppercorns
- 1 tsp salt
- Fresh herbs - rosemary or thyme

## Method:

1. Place all the ingredients into a large stock pot. Cover well with cold water - approximately 2L, then bring to a rolling simmer.
2. Simmer for a minimum of 3 hours and up to 8 hours. Low and long simmering helps the cartilage in the bones break down into gelatine.
3. Strain through a colander and allow to cool. Scoop off any fat that has risen to the surface. The stock will last in the fridge for 2-3 days and up to 6 months when frozen.