

## **ONE HOUR CHICKEN STOCK**

*(adapted from Mark Bittman, and other sources)*

8 – 10 chicken wings  
10 cups water  
1 onion, cut in half  
4 whole cloves  
6 black peppercorns  
4 green onions, cut in half  
1 piece of ginger (1/2 inch thick)  
1 bay leaf

Stuck 2 cloves into each onion half, add all ingredients to a large stock pot, bring to a boil. Reduce the heat to low, and cook, uncovered for 1 hour and 15 minutes. Remove the foamy layer that eventually floats to the surface during the initial stage of cooking, using a slotted spoon.

Drain the stock, discard all vegetables and meat. Let it cool slightly, refrigerate, and remove the congealed fat from the surface before using. Freeze 1 or 2 cup aliquots. Season with salt and appropriate spices when using for soups, risottos, or sauces.