

FOOD
RECOVERY
TIP:



Turkey Stock Recipe

Prep Time: 30 minutes

Cook Time: 4 hours

Ingredients:

- 1 leftover turkey carcass
- 10 to 12 cups cold water
- 1/2 cup carrot slices
- 1 celery rib, cut into 1 inch pieces
- 1/2 large onion, cut into chunks
- 2 to 3 cloves of garlic
- 1 small whole dried red chile pepper, optional

Strip the turkey carcass of any large useable pieces of meat; set turkey meat aside and refridgerate until ready to use in your soup. Do not add the giblets.

Enough cold water should be used to cover all the ingredients in the pot by at least 1 inch.

Stove Top Instructions:

In a large soup pot or Dutch oven, place turkey carcass (may need to be broken into pieces to fit) into the cold water. Add carrots, celery, onion, garlic, and red pepper(optional) to the pot.

Add any other vegetables that you like, if desired.

Cover pot and slowly bring to a simmer. Reduce heat to low and skim off any scum on the surface. Scum is the filmy layer of extraneous or impure matter that forms on or rises to the surface of a liquid or body of water.

Cover pot and let slowly simmer for approximately 3 hours.

TIP: The key to a good stock is to bring the water to a boil just once at the beginning and then cook at just barely a simmer for the remainder of the cooking time, as long slow cooking is best to extract all the subtle flavors.

After cooking, remove from heat and discard all the turkey bones, meat and vegetables. Strain the remaining liquid to remove smaller particles in the stock(pour the liquid through a fine mesh sieve placed over a large pot).

Place strained stock into shallow containers and refridgerate immediately. Refridgerate soup stock overnight and skim any congealed fat from the surface in the morning. The stock will gel up after being refridgerated, but will dissolve when reheated later.

The stock will last for about a week in the fridge. You can freeze the cooled stock and it should maintain taste and quality for about 4 to 6 months.

You now have the most wonderful low-fat turkey stock to use in making delicious turkey soup or to freeze for later use.