

Chicken Stock

Betsy Martin S/V Equinox

Ingredients

chicken with the bones and skin

1 onion quartered

Crushed garlic clove,

2 stalks celery cut into 2" pieces,

6 to 8 stems with leaves of cilantro,

green bell pepper quartered,

1 bay leaf,

Large pinch marjoram,

Pinch Thyme,

1/2 Tps. crushed pepper corns

1. 3 to 4 cloves
2. You may add any other vegetable in the refrigerator that might be in danger of spoiling.

Directions

1. Cover chicken in with water in a stock pot. Add the rest of the ingredients and bring to a boil.
2. Boil chicken until done, about 30 minutes remove and set aside to serve with mole when salsa is done. Continue cooking vegetables until they are mushy. Cool and strain the stock. Use as needed and freeze the remainder. We prefer to premeasured 1 or 2 cup amounts so they can be thawed and used as needed.