



Roasted Chicken Wing Stock

By Myra Kornfield

Chicken wings have lots of gelatin in them, so your stock will be somewhat jellied when refrigerated. Roasting the chicken gives this stock lots of delicious flavor.

Yields: 8 to 9 cups

Prep Time: 10 minutes

Cook Time: 2 ½ hours

Storage: Refrigerate for up to 4 days. Freeze for up to 2 months.

Type of Dish: Soup

Ingredients

- 3 pounds chicken wings
- salt
- 2 leeks, whites and greens, chopped
- 2 onions, roughly chopped
- 2 carrots, roughly chopped
- 2 celery stalks
- 4 garlic cloves
- handful thyme sprigs (about a dime thickness)
- handful parsley stems (about a dime thickness)
- 1 teaspoon black peppercorn
- 1 bay leaf
- 12 cups water

Instructions

Preheat the oven to 400°.

Lightly salt the chicken wings and place them on a rack over a parchment-covered baking sheet. Roast for 30 to 45 minutes, until the wings are tender and golden. Remove the tray from the oven and let cool a few minutes. Pull the meat off the thick part of the wings and reserve.

Add the wings to a stockpot along with the leeks, onions, carrots, celery, garlic, thyme, parsley, black peppercorns, bay leaf and water. Bring liquid to a boil, then lower heat and simmer uncovered for 1 1/2 to 2 hours, until the stock is flavorful. Strain, pushing solids against a strainer to extract as much liquid as possible.