homemade stock  
yield: 12qt

materials
☐ 1 onion, chopped  ☐ 1 head garlic, halved  ☐ 3 carrots, chopped
☐ 6 stems of parsley  ☐ 2 stalks of celery, chopped  ☐ 4 sprigs thyme
☐ 1 bay leaf  ☐ 10 black peppercorns, crushed  ☐ water
☐ (optional) stems & fronds of 1 fennel bulb, chopped
☐ (optional) 2 lb raw bones from chicken, beef, lamb, or other animal
☐ baking sheet  ☐ stock pot

methods
1. preheat oven to 450F
2. (optional) chop small bones with cleaver, leave beef or large bones as is
3. (optional) roast bones on baking sheet until deep brown (~20-45 min)
4. (optional) transfer bones to stock pot
5. roast vegetables on same baking sheet until they start to char at edges
6. transfer vegetables to stock pot
7. pour ~2 c water onto the hot baking sheet & scrape with a metal spatula
8. add peppercorns, garlic, parsley, thyme & bay leaf. Top off with water
9. heat on stovetop over the lowest heat possible for 12 hours
10. strain through fine mesh strainer or a strainer lined with cheesecloth
11. (optional) boil to concentrate flavor or reduce storage volume
12. (optional) rehydrate concentrated stock with water as needed

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