

Stock

Kitchen

What separates stock from broth, and how to make one worth using.

The single biggest upgrade available to home soups and sauces.

1 Roast the bones (optional)

For a brown stock. Skip for a light chicken or vegetable stock.

2 Cover with cold water

Cold, not hot. It extracts more cleanly.

3 Bring to a bare simmer

Barely trembling. Never a rolling boil.

4 Skim the surface

Especially in the first twenty minutes.

5 Add aromatics late

Vegetables in the last hour; herbs in the last twenty minutes.

6 Strain and cool fast

Chill quickly, then lift the set fat off the top.

TIMES

Vegetable: 45 minutes

Chicken: 3–4 hours

Beef: 6–8 hours

Fish: 30 minutes, no longer

Stock is made from bones and is unseasoned; broth is made from meat and is seasoned to drink. Salt stock at the point of use.