
Homemade Turkey Stock

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Preparation Time: 10 minutes

Start to Finish Time: 4 hours 10 minutes

2 1/2 pounds turkey wings (or chicken wings), roughly chopped

2 carrots, chopped

2 stalks celery, chopped

1 onion, chopped

1 head garlic, halved crosswise

In a large pot, combine the turkey wings, carrots, celery, onion and garlic. Add two gallons of cold water. Bring to a boil. Reduce the heat to low or medium-low to maintain a gentle simmer.

Simmer the stock about four hours, occasionally skimming any scum that rises to the surface with a spoon. Strain into another pot, discarding the bones and vegetables.

Let the stock cool completely. (For faster cooling, set the pot of stock in a large bowl; add enough ice water to the bowl to come about halfway up the sides of the pot and let cool, stirring the stock occasionally.)

Transfer the stock to an airtight container and let refrigerate for up to five days.

Yield: 8 cups

Condiments, Sauces

Per Serving (excluding unknown items): 121 Calories; 1g Fat (3.7% calories from fat); 4g Protein; 28g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 124mg Sodium. Exchanges: 5 Vegetable.