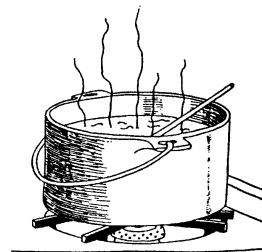


BASIC CHICKEN STOCK*

1 chicken (3 to 4 pounds) OR chicken necks, wings, backs, and gizzards
1 small onion, chopped
1-2 stalks celery, chopped
1 carrots, chopped
1/2 tsp. dried parsley (optional)
Salt and pepper
Water to cover chicken



1. Put all ingredients in large kettle and just barely cover chicken with water. Bring to a boil.
2. Turn heat to low, cover pan, and simmer until chicken tender. Stewing hens need about 2 hours; fryers, chicken backs and wings need 45 minutes to 1 1/2 hours.
3. If using a whole chicken, remove it from liquid when tender and cut meat from breast, thighs, and drumsticks to use for casseroles and other dishes. If there is still meat on bones, continue simmering the bones.
4. Remove bones from liquid when meat separates easily from bones. If desired, strain liquid through a fine sieve to make clearer liquid or to make sure all bones are removed.
5. Refrigerate soup stock or make soup.

To make soup, add one or more of the following to chicken stock:

1/2 cup macaroni or rice	1 stalk celery
1/2 cup barley	1 carrot
1 to 2 potatoes, cut up	1 onion, chopped
1 cup corn	Potato dumplings**

Simmer soup gently until rice or noodles are tender and flavors are blended.

**Potato Dumplings (add to soup that is finished cooking)

1 cup potato flakes	1 cup water	2 tsp. baking powder
1/2 tsp. salt	1/4 cup egg mix	1/4 cup dried milk
		1 1/4 cups water

Mix first 6 ingredients in bowl. Add water and stir to moisten. Let stand 2-3 minutes. Drop tablespoons onto simmering soup. Cover and cook 10-15 minutes.

** Recipe from "1999 Commodity Cookbook", North Dakota's Expanded Food & Nutrition Education Program.

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From "Parents & Children Growing Together", Washington State University Cooperative Extension.



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