



Low FODMAP Chicken or Beef Stock

Serves: 600ml stock

Prep: 5 minutes

Cook: 8 hours



Stack Cup

Ingredients	Metric	Imperial
Chicken bones e.g. necks (or whatever cut is cheap) OR beef soup bones OR 1 beef marrow bone cut into sections (ask your butcher)	1500 g	52.9 oz
Tap water to cover the bones		

Method

1. Place bones in a large stock pot and cover with cold tap water (around 10 cms/4 inches).
2. Bring to the boil and reduce the heat to a low simmer (do not cover).
3. Simmer chicken stock for ~3 hours and beef stock for ~8 hours. Importantly, top the pot up with boiling water during cooking to ensure the bones are covered.
4. Strain stock through a colander. Strain again through a fine sieve back into the washed pot (the stock is ready for use at this stage).

Hints

- To concentrate the stock further, return to a simmer and reduce on a low heat to $\frac{1}{3}$ its initial volume.
- To remove the fat, cool the unreduced stock, refrigerate overnight and then simply lift off the congealed fat layer. Alternatively, the surface fat can be carefully removed with a ladle when the stock is still hot.
- If reduced, these stocks can be cooled, poured into ice-cube trays and frozen. Pop the frozen cubes from the trays into a plastic container and return to the freezer.
- To use the reduced stock in recipes, add $\frac{2}{3}$ their volume in water.
- These stocks work well in both Asian and Western recipes.
- Chicken stock can also be made from the bones of a roast chicken. If you're doing this, reduce the cooking time to 2 hours.
- Stocks can also be made in a pressure cooker. Chicken stock will take about 30 minutes to cook, while beef will take 1 hour.
- Low FODMAP herbs, spices and vegetables can be added to the stockpot for additional flavour as desired.

Nutrition Information (per serve)	
Energy	50 Kj / 12 cal
Protein	1.00g
Carbohydrates	0.60g
Sugar	0.00g
Total Fat	0.20g
Saturated Fat	0.10g
Fibre	0.00g