



ITEM

Chicken Demi Glaze

PORTIONS:
2 cups

INGREDIENTS

1 kg chicken bones, washed and patted dry
1 tbsp vegetable oil
2 medium carrots, peeled and sliced
2 medium onions, diced
4 celery stalks, sliced
2 tbsp flour (optional) Cornstarch can be used instead for a Gluten Free version
1 tbsp tomato paste
1 liter Chicken stock
Spice bag
1/2 tsp of rosemary, thyme black peppercorns and 2 bay leaves
1/2 tsp Salt

METHOD:

1. Preheat the oven to 400° F
2. Place chicken bones in a bowl and coat with oil
3. Place in a roasting pan and brown in oven for 30 minutes.
4. Check bones and periodically move them around with a wooden spoon
5. Add the carrots, celery and onions and continue to brown for 15 minutes
6. Dust with the bones with flour and continue to cook until brown, approx 5 more minutes.
7. Brush tomato paste on the bones and place back in oven for 5 minutes.
8. Remove from pan and place bones in a stockpot, add half the chicken stock, with the remaining half, deglaze the roasting pan by adding small amounts at a time and heating the roasting pan on the stovetop, then pour the glaze for the roasting pan in to the stock pot.
9. Bring the liquid in the stockpot back to a simmer, with a ladle or skimmer, removing any impurities that come to the surface.
10. Prepare a spice bag (very similar to a tea bag, this is so when you get adequate flavor from the spices you can easily remove the spice bag and continue to extract chicken flavor from the bones) using a 4 inch square of cheese cloth, place 1/2 tsp of rosemary, 1/2 tsp of thyme, 10 crushed peppercorns and two bay leaves in the center of the cheese cloth, bring the corners together and tie with some butchers twine, with the long piece of twine tie this to the handle of the pot, for easy removal and place in the stock pot simmer for 40 minutes.
11. Strain through a cheese cloth and bring back to a boil, at this point you can



- add salt and can thicken it with cornstarch.
12. This demi glaze can be used as a gravy or as a base for a variety of sauces like mushroom or peppercorn sauce