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NOURISHING NEIGHBORS

CULINARY LEARN AND SHARE

Turkey Stock/Broth

Ingredients

2 carrots
3 sticks of celery (with leaf)
2 onions
6 garlic cloves
Any vegetable available

Directions

There are two options for your broth!

A.

1. Once you defrost your turkey you will find your giblets, which normally are, neck, heart, liver, etc.
2. Place those together with the veggies let it boil in high heat for about 30 minutes
3. Let it simmer for about two hours.
4. Let it cool for like one hour
5. Drain the vegetables and giblets.
6. You the broad for soup or to flavor any food
7. You can freeze this up to 6 months.

B.

1. Once you debone, set the bone in to a sheet pan and put on the oven for 2 to 3 hours at 175°.
2. Put the pan together with the veggies and let it boil in high heat for about 1 hour.
3. Let is simmer for about four hours
4. Let it cool for like one hour
5. Drain the vegetables and the bones
6. Use a seasoning for rice's, soups, gravy etc. for soup or to flavor any food
7. You can freeze this up to 6 months.

Recipe Submitted by: Chef Carolina Moratti

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