

WTNS Radio OSU Extension Update for November 15, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about making your own stock, and as always, look at some upcoming programs from OSU Extension.

Over the past few months, I've been writing a book. Not just any book. I have had the opportunity to rewrite the 4-H project book about the culinary arts. I have learned so much while researching and trying out recipes.

One of my favorite parts has been learning to make some things I've never taken the time to make before. One of those recipes is stock. I didn't learn to make this growing up, so I never really gave much thought to trying it out. Since it is convenient to buy both stock and broth in cans or shelf-stable cartons at the grocery store, it may not be top of mind for many of us as a homemade option. However, it can be fairly easy to make and can come in very handy for a variety of soups, stews, and casseroles this autumn and winter.

My Extension colleagues Jenny Lobb and Courtney Woelfl each wrote posts for the OSU Extension Live Healthy Live Well Blog about the benefits of making stock. Some people use the terms broth and stock interchangeably, but there is a difference in how they are prepared. Classical French culinary books list the distinction between broth and stock as the use of bones versus meat.

Stock is made using bones, water, and a mixture of aromatic vegetables including onions, carrots, and celery. (Vegetable stock is made without bones.) The mixture is simmered on the stove top for at least 2 to 6 hours. Generally, there are no seasonings added to stock. This makes stock a lower sodium option for recipes, and a great base for recipes that already have significant flavor. The use of bones in stock makes it a thicker, more gelatinous consistency, as the collagen cooks out of the bones.

One great tip I picked up is to keep cooking scraps in a freezer bag. These can include bottom and tops of celery, red and white onions, carrots, green onions, leftover herbs, and more. There are lots of pieces and parts of vegetables as we prep for meals that we may be tossing into the compost that still have flavor power left in them.

When the bag becomes full, you can dump it all into a pot or a pressure cooker, cover it with water, and make vegetable stock. Or also add bones from a recently roasted chicken or turkey or beef roast, and voila, you have poultry or beef stock.

If you want to try this with turkey bones left from your Thanksgiving meal, be sure to keep the bones in the fridge until you use them. Use the bones within two or three days, or put them in the freezer if you can not get to them right away.

Here is a basic recipe for Turkey Stock:

- Turkey carcass and all bones from leftover turkey, 2 or 3 coarsely chopped carrots, 1 or 2 celery rib with leaves, chopped, 1 or 2 onion chopped, 1 teaspoon peppercorns, As an option you can also add a few sprigs of parsley or thyme and/or a clove of minced garlic.

Break up turkey bones and place in a large pot. Add remaining ingredients and cover with 2 – 4 quarts of water, depending on how much stock you would like to make. Bring to a boil, then reduce to simmer and cook for at least 2 hours for 2 quarts or up to 4 hours for 4 quarts. Strain. Pour into jars appropriate for freezing leaving at least 1 inch headspace for expansion.

Many 2022 OSU Extension programming dates have been set for several programs including Dining with Diabetes, ServSafe Manager and Person-in Charge trainings, as well as Food Preservation programs like making pickles and canning tomatoes. Check these out at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!