



How to Make Stock from Chicken Feet



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 large carrots cut in half
- ☐ 2 rib celery cut in half
- ☐ 2 pounds pig's feet
- ☐ 1 bunch thyme leaves fresh
- ☐ 1 onion cut into wedges
- ☐ 10 peppercorns

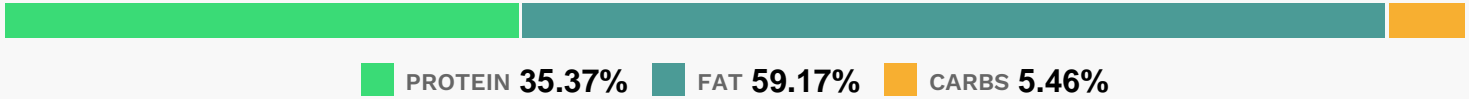
Equipment

- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Bring 2 quarts of water to a boil.
- ☐ Put the chicken feet into a large stock pot and cover with boiling water. Boil for 5 minutes. Use a large metal spoon to skim and discard the scum that rises to the surface. 2
- ☐ Drain the chicken feet completely. Rinse with cold water so that the feet are cool enough to handle. Using a sharp knife, chop off the tips of the claws and discard. They should cut easily if you cut them through the joint. If any rough patches of claw pad remain, cut them away with a pairing knife. 3
- ☐ Place chicken feet in a clean large stockpot. Fill with cold water to cover the feet by an inch.
- ☐ Add carrots, onions, celery, thyme, bay leaf, and peppercorns. Bring to a simmer, immediately reduce the temperature to low. Partially cover, leave about a half inch crack or so, and keep the stock cooking at a bare simmer, for 4 hours. Occasionally skim any foam that may come to the surface. Uncover, increase the heat slightly to maintain a low simmer with the pot now uncovered. Continue to cook for an hour or two. At this point you are reducing the stock so that it is easier to store. Strain the stock through several layers of cheesecloth or a fine mesh strainer (ideally both) into a pot.
- ☐ Pour into quart-sized jars.
- ☐ Let cool for an hour or so before storing in the refrigerator. When your stock has cooled, it should firm up nicely into a gel.

Nutrition Facts



Properties

Glycemic Index:45.71, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:15.831304451694%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 515.16kcal (25.76%), Fat: 33.25g (51.16%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.22g (1.9%), Sugar: 2.88g (3.2%), Cholesterol: 190.51mg (63.5%), Sodium: 178.44mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.72g (89.45%), Vitamin A: 6294.18IU (125.88%), Folate: 207.83µg (51.96%), Vitamin B2: 0.49mg (28.67%), Calcium: 223.35mg (22.34%), Phosphorus: 210.42mg (21.04%), Vitamin B12: 1.07µg (17.77%), Iron: 2.44mg (13.56%), Copper: 0.27mg (13.37%), Selenium: 8.35µg (11.93%), Vitamin B1: 0.17mg (11.56%), Zinc: 1.72mg (11.47%), Vitamin C: 5.79mg (7.01%), Manganese: 0.14mg (6.93%), Fiber: 1.69g (6.77%), Potassium: 236.5mg (6.76%), Vitamin B3: 1.32mg (6.58%), Vitamin E: 0.86mg (5.73%), Vitamin K: 5.87µg (5.59%), Vitamin B6: 0.11mg (5.52%), Magnesium: 20.52mg (5.13%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.14mg (1.41%)