

PRESSURE COOKER STOCK

Time: 20 minutes active

Ingredients:

Chicken, turkey, beef, or pork bones
125g onion - diced
125g celery - diced
125g carrot - diced
5g whole black peppercorns

Preparation:

Place all ingredients in your pressure cooker.

Add water to just cover the ingredients.

Seal your cooker and pressure cook on high for two hours.

When cool enough, strain the stock through a fine sieve, discarding the bones, vegetables, and peppercorns.

Refrigerate overnight.

Skim off and discard any fat from the surface.

Use the stock immediately or portion and freeze.