

和風鶏ガラだし
Wafū Torigara Dashi
Japanese Chicken Stock



The Japanese make a rich chicken broth to use with some *nabēmono* (one pot cookery, such as *torinabē*), soups (especially the New Year's soup known as *ozōni*), soup-noodle dishes (especially *ramen*) and rice porridges made with left-over rice and/or *omochi* rice taffy. Sometimes the deep chickeny flavor is enhanced with smokey *katsuo-bushi* fish flakes, or given a zippy accent with the addition of fresh ginger. But what distinguishes this Japanese version of chicken stock from other renditions of globally-relished chicken broth is the generous use of flavor-enhancing *kombu* (kelp) and a procedure known as SHIMOFURI, literally “frost has fallen.” “Frosting” the chicken carcass BEFORE slow-simmering it tames any tendency toward gaminess from the stock.

Makes about 1 quart

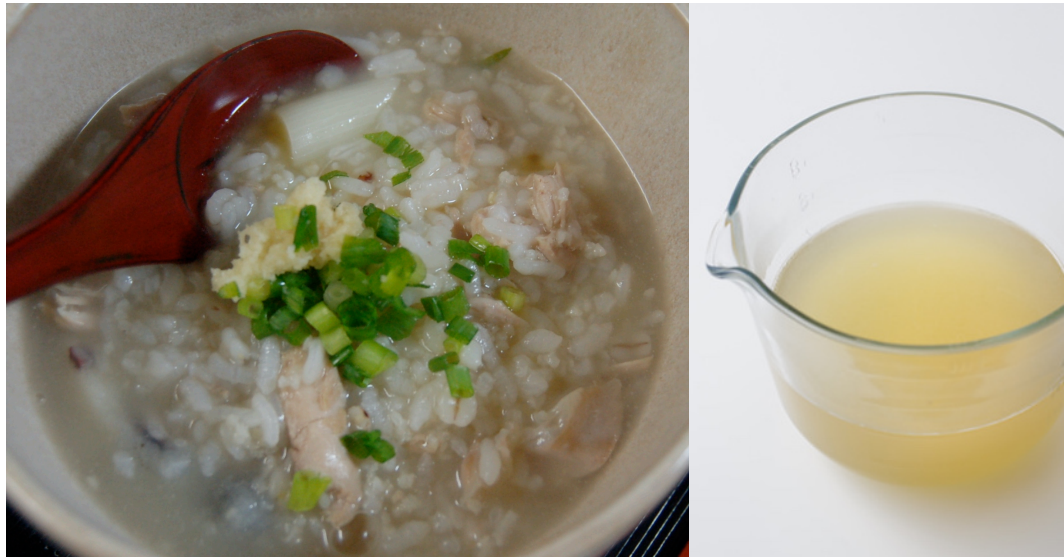
1 pound chicken parts, such as necks, backs, and wings
5-6 inch length (about 2-inches wide) *kombu* (kelp)
5 and 1/2 cups cold water (use bottled spring water for best results)
Tops from 2-3 leeks (*naga negi*)
1 tablespoon *saké*
2 teaspoons salt
Optional enhancements:
1/2 cup loosely packed *katsuo bushi* fish flakes
2-3 slices fresh ginger

Bring a pot of water to a rolling boil. Drop the chicken pieces in and cut the heat (or remove the pot from the stove). With long chopsticks, or kitchen tongs, turn the chicken pieces to be sure all surfaces come in contact with the scalding hot water. As you do this you will notice the color of the chicken pieces change taking on a whitish appearance. This boiling water “bath” procedure is known as *shimo furi*, a poetic phrase that means, “the frost has fallen.” Indeed the chicken pieces look “frosted” (that is the origin of this technique’s name). *Shimo furi* cleanses the chicken parts and removes unwanted odors without sacrificing the deeper, richer flavor-potential locked in the bones.

Place the cleansed chicken parts with the kelp and leek tops in a stockpot. Pour cold water over all, add the *saké* and salt, and bring to a boil rapidly over high heat. Skim away froth and adjust the heat to maintain a simmer. If you will be enhancing the broth with ginger, add the pieces to the pot now.

Simmer for 30 minutes, or until the liquid has been reduced by about one quarter. Remove the pot from the burner. If you will be enhancing the broth with *katsuo bushi* flakes sprinkle them over the surface of the broth now. After 3 or 4 minutes, when the flakes begin to sink below the surface, stir the contents of the pot.

Strain the broth through a cloth or paper-lined colander, discarding the *kombu* (ginger and/or *katsuo bushi* flakes). Set the chicken parts aside until cool enough to handle comfortably. When cool, pull off any bits of meat and set these aside to add to a soup or porridge.



If the chicken stock is not for immediate use, allow it to cool to room temperature naturally before chilling. Refrigerate up to 5 days; freeze for upto 6 weeks.