Chicken Stock

soup DIALED

basis water = 3000 g

	Ingredient	Grams	Baker's	Total	Method
1	chicken bones and meat	2200	73.3%	36.0%	Cook in pressure cooker for ***1.5 hours*** at high pressure.
	water	3000	100.0%	49.1%	
	onion	700	23.3%	11.5%	
	carrot	200	6.7%	3.3%	
	fresh thyme	6.0	0.20%	0.10%	
	bay leaf	1.0	0.03%	0.02%	
2					Natural release[1].
	Total	**6107**	203.6%	100.0%	

[1]Natural release: Turn off the heat and let the pressure drop on its own until the lid unlocks; 10-30 min, and the food keeps cooking meanwhile. For beans, grains, fruit, braised meat, desserts and stock.