

Chicken Soup



Serves 6

Prep 10 mins

Cooking 1h 20 mins

Easy

Ingredients

- 1.4 - 1.6kg whole roasting chicken + carcasses/bones
- 2 medium onions, halved through the root
- 3 sticks of celery, washed & halved across
- 3 large carrot, peeled & halved across the middle
- 1 parsnip, peeled & halved across the middle
- a handful of parsley stalks (keep the leaves for garnish)
- 10 peppercorns
- 1 bay leaf

1. Put the chicken in the largest lidded pan you own.
2. Add the rest of the ingredients and enough water to just cover them.
3. Bring to a boil over a high heat. Skim off any foam with and discard.
4. As soon as the water boils, turn the heat down to a very low simmer. Partially cover the pan and leave to cook gently for 1 – 1½ hours, until the meat is falling off the bones.
5. Remove the chicken and vegetables from the pot and put aside.
6. Pour the broth through a sieve into another pot. Discard the herbs and peppercorns.
7. Taste it and if the flavour is good then season with salt. If it is watery, return the bones & cartilage to the pot and simmer for another hour before straining.
8. Separate the chicken from the bones and tear into pieces. Slice the carrots into 2cm thick discs, cool and refrigerate until serving. Discard the other veg.
9. When you have finished simmering, cool the broth and refrigerate overnight. In the morning, skim off the fat from the surface.
10. Discard or keep for roast potatoes or matzah balls.
11. Taste and season with salt. If it needs more flavour, rapid boil for about 10 to 15 mins to reduce water content. When you are happy with the flavour, serve it with the reserved chicken and vegetables and a sprinkle of chopped parsley.