

LEO TEATERO

Chicken Soup



Everyone has their own special chicken soup recipe, and I do too. I freely admit that mine is based on the Martha Stewart recipe, along with my own mother's and is the best recipe hands down. It cooks for hours and breaks down the stock into the most heavenly soup. I freeze all cuttings like the leaves of celery or onion ends and herbs that are about to turn. Then when ready to make a stock, I simply put these in from frozen and then add to the flavour. I then process the stock in bulk and freeze them in 500ml bags, for easy use. A bowl of this will always makes you feel better.

Chicken Stock

Metric /Imperial

2 tbsp. / 25g of butter

1 tbsp. /15g whole peppercorns

6 sprigs of fresh dill

6 sprigs of fresh parsley

The top leaves of the head of celery, washed

2 dried bay leaves

3 large carrots broken in two, skin on

2 large leeks cut into half moons, washed thoroughly

2 celery stalks, broken in two

2 medium onions cut halved, skin on

6 whole cloves of garlic

1½ tbsp. /25g of kosher salt

1 whole chicken carcass, with some meat or/ or one whole chicken cut in twelve pieces or/4 legs and 4 backs

16 cups / 4000ml of boiling water

Chicken Soup

Metric /Imperial

Use 8 cups /2000ml of chicken stock, from frozen (recipe above)

2 tbsp. / 25g of butter

1 tbsp. /15g freshly cracked peppercorns

6 sprigs of fresh dill

6 sprigs of fresh parsley

2 dried bay leaves

3 large carrots broken in two

2 large leeks cut into half moons, washed thoroughly

2 celery stalks, sliced horizontally

2 medium onions diced

2 cloves of minced garlic

1½ tbsp. /25g of kosher salt

The meat collected from making the stock above or/4 chicken breast in pieces and 2 whole legs, cut in two parts.

Melt the butter in a large frying pan, large soup pot with a thick bottom or a Dutch oven. Add the onions, carrots and celery. Cook until the onions are translucent and the other vegetables soften. Add the herbs, whole garlic, chicken, salt and pepper, any frozen vegetable pieces (celery leaves or onion ends), carrots, onions, celery, leeks, water and bring to a boil. Reduce heat and simmer covered, on low for 2 hours. The chicken bones should begin disintegrating. Add boiling water as needed, to retain 12 cups or 3000ml of stock. Drain liquid from pot and separate the vegetables, bones and the meat pieces using a colander. Discard the vegetables and tiny bones. Place remaining liquid, large remaining bones, skin and meat back into the soup pot; continue to boil for another hour.

In a separate frying pan melt the butter and cook the onions, celery, carrots and leeks until the onions are translucent. Add this mixture to the stock and bring to a boil. Simmer for another hour. 15 minutes before serving, add the pasta and continue to cook until al dente. Garnish with freshly chopped dill or parsley.

It freezes beautifully. No need to add water to reheat.