

Chicken Soup

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Note: recipe is best if started the night before.

Preparation Time: 2 hours of which about 45 minutes involves doing something other than waiting.

Ingredients

store-bought

BBQ)

2 Medium Carrots

3 Medium (1.5" Diameter) or 2 Large (>2" Diameter)

Leeks

1 Celery Heart or some celery tops (not celery stalks)(optional)

3 to 4 one quart Boxes of low salt Chicken Broth (Free Range or enslaved)

Up to 12 high-quality Chicken Bouillon Cubes (i.e. Wylers)

1/3 Cup Pearl Barley

8 Peppercorns

Ground Pepper to taste

Butter

Olive oil

The challenge

chickeny. Variation provided for matzo ball soup.

New techniques

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- Sautéing with olive oil and butter
- Not over-boiling the chicken meat (and why I tear rather than cut up the meat)
- Mixing chicken flavour sources
- The benefits of leeks over onions
- The benefits of celery tops or hearts over parsley
- How to avoid your soup becoming too salty
- The peppercorn surprise (audience involvement)
- The advantages of next day soup

Useful tools

Steps

Eat the meat from half a chicken for another meal as you will have plenty for soup.

2. Strip (and refrigerate for later) the lumps of meat and skin from the breast, thigh and legs of the chickens (skip the wings) and throw the two carcasses into a pot. Add to pot any skin, misc bones, and drippings from bottom of chicken containers. Smash or push them down and cover 75 to 80% of the carcasses with water. Cover. Bring to roaring boil and reduce to active (high) boil for a minimum of 30 minutes. Remove from heat and either put (covered) into refrigerator (hot weather) or out in garage (cold weather).
3. Next day, slice off tops and bottoms of leeks and carrots. Remove bottoms of celery hearts. (Get to the solid part of the leek top to chop off to avoid any dirt). Slam through Food Processor using the slice mode.
4. Get chicken pot. Place colander in big bowl. Skim off schmaltz (chicken fat) if you are fastidious. Dump chicken into colander and reserve liquid in bowl. Pick through the bones for any meat and put in meat collection from #2 above.
5. Clean big soup pot. Put on stove and on high heat let water (from cleaning) evaporate. Once dry, throw in some olive oil (as in 1 to 2 TB). Spin pot around to distribute warm to hot oil on bottom and sides. Throw in leek/carrot/celery mix. Start to sauté. Place on top 2 TB of butter. As butter melts, stir. Sauté until leeks are soft.
6. Pour in stock from big bowl. Add at least three quarts of boxed chicken stock. As you bring this to a boil, get all the meat together and tear up to smaller pieces, making sure to remove any tendons and watch out for the occasional bone. Once the stock is boiling, add the peppercorns and reduce to simmer.
7. Add 2 to 3 Chicken Bouillon Cubes. Wait 5 minutes. Add more Bullion Cubes until you have brought the soup up to proper salt level.
8. 30 minutes before serving, add meat and barley. Keep at simmer or light boil.
9. After serving but before eating, tell everyone that there are 8 peppercorns in the soup and they are lucky if they get one.

Variation for Matzo Ball Soup

serving). Things to avoid: don't make matzo balls more than 30 minutes before dropping them in and don't overcook the matzo balls (longer than 30 minutes).

Yield: > 1 Gal.