

CHICKEN SOUP

Makes Approximately 4.5 litres - Enough for 2 people, 1 cold.

INGREDIENTS

2 chicken carcasses from previously roasted chickens

1 kilo of giblets (or skinned chicken drumsticks)

1 kilo of mixed root vegetables, peeled, cut into chunks

A note on ingredients: the reason why I use roasted **chicken carcasses** is because they retain the flavour of the roasting process. This means you don't need to add salt, herbs, bay leaves or anything else. Also the delicious jelly at the bottom of the roasting pan adds yet more flavour. After a roast chicken meal, I strip off the remaining flesh. It takes five minutes and it's easier to do this admittedly mucky job, whilst the chicken is still warm. Then when the carcass is cold, I wrap it in cling film, bag up and freeze for when I'm ready to make soup.

Giblets: don't bother with your local, lovely butcher unless they happen to be kosher. I drive miles to buy them in quantity and then freeze because they're already cleaned and ready to go. You will get the same result with drumsticks but take the skin off to reduce fat. You can also use a boiling fowl.

Vegetables - carrots, leek, onion, swede, celery, and whatever else you have in the fridge with the exception of beetroot and potato. As detailed, I use swede for colour and sweetness. My aunt told me she bungs in a whole onion with the skin to get the colour; I've also used a tomato for colour. My mother swears by swede.

Method

- 1 Put carcasses and giblets in a BIG pot . I use an 8 litre pot for this quantity. Cover with cold water, Bring slowly to the boil.
- 2 Skim off foam and scum that comes to top. Add a glass of cold water if water level goes down - as it will.
- 3 When foam diminishes add vegetables
- 4 Put in cool oven 140c 130c (fan) 275f Gas 1 for at least 4 hours (you can SIMMER on top or also use slow cooker)
- 5 Remove vegetables and meat and strain through muslin.
- 6 Put in fridge over night or until fat has come to surface
- 7 Remove fat with kitchen towel. Bag up to freeze or bring to boil.

Drink