

SOULFUL CHICKEN SOUP

Everybody needs a simple chicken soup in their repertoire: this one is supremely comforting, scented and coloured with sunny saffron. It's not just warming, sustaining, nurturing and nourishing though - there's also a no-waste twist!

Serves: 6-8



INGREDIENTS

1.5L (50 oz) water
1 garlic clove
1 bay leaf
pinch saffron
2 sticks celery, in 1cm (0.5in) slices
200 grams (7 oz) carrots, scrubbed and cut into thick coins
150 grams (5.3 oz) parsnip, scrubbed and cut into thick coins
1 small turnip, scrubbed and cubed
1 onion, sliced into thick rings
1 lemon, halved, plus extra to serve
1.4-1.6kg (3.5lb) free-range chicken
salt and pepper
handful silverbeet, chopped, optional
handful parsley, chopped



METHOD

1. Place 1.5 litres water, garlic, bay leaf and saffron in mixing bowl.
2. Place celery, carrots, parsnip and turnip in steamer basket. If they don't fit, or you want to cook more vegetables, arrange around chicken in Varoma. Set steamer basket in place.
3. Lay onion in Varoma dish. Place lemon inside chicken. Season chicken with salt and pepper. Place chicken on top of onion, ensuring that Varoma lid can close. Set Varoma in place. Cook for **60 min/Varoma/speed 2**, or until a skewer poked into chicken thigh makes clear juices flow.
4. Remove chicken from bone and roughly chop or shred, holding back some meat for another use, if desired. (See my [Chicken Tart](#) and more ideas below!)
5. Place chicken, cooked vegetables and silverbeet, if using, in bowls and top with steaming liquid, which is now a nutritious broth. (If desired, this broth can be strained before serving.) Squeeze a little lemon juice into each bowl, and sprinkle with chopped parsley.

Waste-Free Wonder

Go completely waste free by making a stock from the carcass then turning the carcass into pet food.

6. Remove all meat from carcass and use the bones to make a stock. Break apart carcass and place bones in mixing bowl.



Time: 1 hour and 10 minutes for soup, 2 hours for soup, stock and pet food



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7. Cover with water up to maximum level. Cook **45 min/100°C (212°F)/speed 1**. Strain, reserving stock and storing in refrigerator (if using within three days) or freezer.

8. Cooked bones can now be turned into pet food. Return to mixing bowl and blend **10 sec/speed 8**. Use within 2 days or freeze.

Tips

- Use the best chicken you can. You're gathering every last bit of goodness from this bird, right down to the bones, so you want it to be of good quality.
- When feeding 'mush' to pets, start with a little to ensure it agrees with them. My dog loves it!
- If you don't use all the chicken meat in your soup, you might like to use it in these dishes:
 - [Chicken Tart](#), a picnic-friendly tart with a fun pastry lattice.
 - [Stir-Fry](#): instead of steaming beef as in the recipe, simply add the cooked, chopped chicken at the end.
 - [Risotto](#): add a handful of chopped chicken to almost-finished risotto.

Variations

- Use a smaller chicken or chicken pieces, if desired.
- Use stock in place of water, or add 1 tablespoon stock paste to water.
- Add star anise, cloves and cinnamon to water or stock for a spiced and fragrant soup. Omit saffron and add herbs such as parsley, sage and rosemary to Varoma, if desired.
- Vary vegetables: celeriac, potatoes and green beans or peas (green vegetables added with 10 minutes to go) are all great.

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SHOPPING LIST:

- Garlic (1)
- Bay leaf (1)
- Pinch saffron (1)
- Celery Sticks (2) (1cm / 0.5in)
- Carrots (200 grams / 7 oz)
- Parsnip (150 grams / 5.3 oz)
- Small Turnip (1)
- Onion (1)
- Lemon (1)
- Free range chicken (1.4kg-1.6kg / 3.5lb)
- Salt
- Pepper
- Silverbeet (handful)
- Parsley (handful)



NOTES & TIPS: