

CHICKEN & CREAMED CORN SOUP

I first made this soup for a friend who wasn't well and needed a chicken soup cure! I can't promise this soup will cure all ills but it is simple and nourishing with comforting tones and a cheery promise of sunshine. These flavours and textures remind me of suburban Chinese restaurants, though I don't at all pretend my version is traditional.

I make my own [creamed corn](#) but you can also use tinned. As with all homemade dishes, the quality of the ingredients shines through. Great chicken and stock will make a big difference to the end result.

Serves: 6



Time: 30 minutes



INGREDIENTS

- 50 grams (1.8 oz) butter or olive oil
- 1 leek, trimmed, finely sliced into rounds
- 2 cloves garlic, finely grated or chopped
- 1 cm ginger, finely grated
- 2 litres liquid, such as chicken stock *
- 500 grams (17.6 oz) [creamed corn](#)
- 500 grams (17.6 oz) cooked chicken, finely shredded or chopped *
- 2 eggs, optional, whisked salt and pepper, to taste
- 3 spring onions, finely sliced, to garnish



METHOD

1. In a large pot, add butter or olive oil, leek, garlic and ginger. Cook gently until leek is fragrant and softened.
2. Add liquid and bring to a simmer over medium heat.
3. Add corn and chicken and bring back to a simmer. Cook for 5 minutes, stirring frequently.
4. Slowly pour in eggs, if using, and stir quite vigorously to form thin strands in the soup.
5. Season to taste and serve, garnished with spring onions.

Tips

- Use chicken or vegetable stock, thinned with water, depending on how rich it is.
- Save leftover roast or poached chicken or cook skinless, boneless breasts and/or thighs especially for this soup. If shredding meat, do so with your fingers, gently pulling apart the strands of meat. It's easiest to do this just after it's cooked and cooled down.
- The eggs will thicken the soup, as well as create pretty fine strands in the liquid.
- You can use tinned creamed corn for this dish, if desired.
- Add corn kernels or peas (fresh or frozen) along with the creamed corn, if desired.
- You can add any other vegetables to this soup, such as carrots and celery for the base, or chopped silverbeet or kale towards the end.

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SHOPPING LIST:

- Butter or olive oil (50 grams / 1.8 oz)
- Leek (1)
- Garlic cloves (2)
- Ginger (1 cm)
- Liquid, such as chicken stock (2 litres)
- [Creamed corn](#) (500 grams / 17.6 oz)
- Cooked chicken (500 grams / 17.6 oz)
- Eggs (2)
- Salt and pepper (to taste)
- Spring onions (3)



NOTES & TIPS: