

Chicken Soup



An indispensable base for many dishes, but this broth is perhaps best appreciated just as it is, for both taste and healing qualities.

Chicken Broth

Ingredients:

- 1 free range chicken (about 1.6 kg)
- 1 large onion halved
- 2 small carrots
- 2 sticks of celery, halved widthways
- 1 head of garlic , halved widthways
- 1 teaspoon of black peppercorns
- 1 tablespoon of sea salt
- 2 fresh bay leaves

Simmering time on the stove top: 20 minutes

Thermal cooking time: 3 hours minimum

Method:

1. Place the ingredients into the saucepan and pour over enough water to cover the chicken.
2. Slowly bring this to the boil.
3. Reduce the heat and simmer for 20 minutes.
4. Transfer the inner saucepan into the vacuum insulated outer container and close the lid.
5. Leave for a minimum of 3 hours.
6. Remove the chicken from the inner saucepan and strain the broth and discard the remaining solids.
7. Remove the meat from the chicken, discard the skin and bones.
8. Coarsely shred the chicken meat.

For Chicken Soup

Ingredients:

- Broth from above
- Coarsely shredded chicken meat from above
- 25 grams of butter
- 2 large onions cut into 1 cm pieces
- 3 cloves of garlic, crushed
- 3 small leeks, white part only, cut into 1cm pieces
- 3 stalks of celery, cut into 1cm pieces
- 1/2 a cup of coarsely chopped flat leaf parsley
- Wholemeal multigrained bread or rolls, warmed to serve.

Simmering time on the stove top: 10 minutes

Thermal cooking time: 30 minutes minimum

Method:

1. Heat the butter in the inner saucepan over a low heat and add the onions, garlic, leek and celery.
2. Cook until the onion is soft.
3. Add the chicken meat and broth, slowly bring to the boil and simmer for 10 minutes.
4. Transfer the inner saucepan into the vacuum insulated outer container and close the lid.
5. Leave for a minimum of 30 minutes.
6. Season to taste with sea salt and freshly ground black pepper, then stir in the parsley and serve with warmed wholemeal bread or rolls.

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