

Vegetable Soup with Chicken stock



Chicken Stock Recipe

Ingredients – Makes approx. 600 ml

- 1 Chicken carcass/ giblets
- 1 small onion – halved and use clean onion skins to add colour
- 1 carrot – chopped roughly
- Stick of celery – chopped half leek
- Bay leaf
- Parsley stalks/ sprig of thyme
- 1 tsp. peppercorns
- 1 litre of water
- Salt & Pepper to taste if you intend to reduce the stock leave out the salt.

Method

1. Put all the ingredients into a pot
2. Add the water
3. Season to taste
4. Bring to the boil
5. Simmer for 1 hour – partly covered – until stock has reduced a little
6. Strain – leave to cool
7. Chill for up to 3 days or freeze for up to 1 month
8. Reduce more and freeze in an Ice cube tray to use as individual stock cubes

*** Don't be put off if you don't have all the ingredients, it is still worth making**



Vegetable Soup made with Chicken stock

Ingredients

- 2 pints of chicken or vegetable stock
- 2 small onions diced small
- 2 small carrots diced small
- A good tablespoon of chopped fresh herbs thyme, parsley, fennel, lovage,
- 200g butternut squash roasted in the oven with the garlic
- 2 large cloves of garlic roasted in the oven with the butternut squash on parchment paper with a splash of oil
- 150g soup mix (peas beans and lentils) washed in a sieve and then soaked overnight in double the water or even for an hour before making the soup

Method

1. Roast your butternut squash and garlic tossed in a little oil on parchment paper in a hot oven 180c for 15 mins
2. Strain your soup mix of peas beans and lentils
3. Use a large pot on a medium heat and transfer your stock, your carrot, onion, roasted squash and garlic, your soup mix and bring to the boil.
4. Cook on a low heat for 15 minutes then add your herbs
5. Cook for another 5/10 minutes until all the vegetables are tender.
6. Season to taste, blend with a stick blender if you like a liquidised vegetable soup, or leave if you prefer a broth like soup.

Top Tip's

- Other vegetables can be used, e.g. parsnips, celery, potato. Keep vegetables in a very small dice to cut down on cooking time.
- Serve with a dollop chilli and wild garlic pesto on top
- Can be kept for up to 3 days in a fridge after chilling, or freeze in portion-sized containers after chilling for up to one month.