

Lazy Chicken Soup

CHICKEN STOCK + SOUP RECIPE

serves 5-9 depending on portions

INGREDIENTS:

1 whole chicken

NOTE: (any will work, but I highly recommend a local butcher, or pasture raised bird, basically know where your meat is coming from, more on that another time)

4- 5 large carrots cleaned and peeled

5 celery stalks

2 large yellow or white onions, peeled & quartered skin off, but keep intact

1 large head of garlic trimmed

2 dried bay leaves (1 if quite large)

1 tablespoon black peppercorns

½ tablespoon to 1 tablespoon kosher salt as needed

1 lemon

8-10 liters of filtered water

a large stock pot (big enough to fill with the water and above ingredients)

farfalle (bow tie) pasta for serving

or boiled peeled potatoes

1 bunch curly italian parsley

pecorino or parm cheese (as needed for serving)

EVOO (extra virgin olive oil for serving)

METHOD:

1. First, The day you purchase your whole chicken, rinse it, and coat the entire bird (all the bits inside and out with kosher salt). Put it in a large gallon ziplock bag, or large bowl covering with plastic wrap. Then let that marinate for 24-48 hours.

2. When you are ready to make the soup, in a large stock pot put the following:

4 peeled carrots, 2 large yellow or white onions, peeled and quartered (leave quite large and take skin off, keep intact with the ends on) 4-5 large celery stalks, 1 tablespoon of black peppercorns, 1 head of garlic trimmed, 1 bay leaf, one bunch of fresh thyme

bundled with cooking time, the whole chicken (marinted) about 1 tablespoon fine sea salt, lastly 8-9 liters of filtered water, coating everything.

**I've also done this in an extra large insta pot, but be sure after it's boiled to reduce the heat to low for 2-3 hours, or else the stock will taste off.

3. Bring the pot to a boil. Then with a slotted spoon skim the fat off from the top the best you can. Put the heat on low for 2-3 hours. the longer the better. So if it stay's on past 3 hours you are okay!

You will know it's done once the chicken is falling apart.

4. Get large bowls and a strainer ready. I delicately like to sift the carrots out, doing my best to keep whole, along with the onions and celery. (eating the celery is optional) Also take your whole garlic out, it will be really sweet. You can then push out all the cloves and make a yogurt sauce, or garlic butter for your bread.

Anyway back to step 4. Once you've gotten the veg out, gently put your chicken in a bowl, once slightly cooled down, with clean hands, discard the fat/skin, and pull the chicken apart. It should be really tender. Set aside in a clean bowl.

Then Put your chicken stock through a strainer. Separating all the peppercorns, and bones or whatever else fell apart while cooking.

5. At this point you can cool it down, put in containers in your fridge, and skim off all the fat. Then store for a rainy day.

Or you can skim off the fat and use the stock for a simple soup. (SEE NOTE)

NOTE: *I cheated here, I definitely didn't skim the FAT last time I made this. The broth came so great I didn't need to, but I added about two tablespoons of lemon juice which gave it a great balance. So if you are feeling LAZY like I do sometimes, skip step 5 and make a soup straight away.*

6. Put your broth back on the stove, gently add back in all the whole onions, and carrots. As much of the pulled chicken as you desire. Two tablespoons of fresh squeezed lemon, salt and pepper to taste. I like to either serve with farrelle bow tie pasta, dashed with fresh parsley and pecorino cheese. Or swap out the pasta for boiled potatoes. Then drizzle with Evoo, more salt and pepper if needed.

Enjoy immediately, serve with salad and crusty bread!

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