

## Flu-busting Chicken Soup

We come from a long line of chicken soup makers, and are firm believers in the health benefits it brings; it's known informally as Jewish penicillin. Our recipe is the result of generations of refinement from our own families. Serves 4-6.

### Ingredients

- A whole chicken OR a chicken carcass and a pack of wings (your butcher may give you a carcass for free)
- Two leeks (or one large one)
- Three large carrots
- Two onions (with skins on)
- Two beef stock cubes (believe us! It gives it oomph) and two chicken stock cubes
- Salt and pepper
- You can also add a swede, a stick of celery, parsley or bay leaves, 8-10 peppercorns, fresh ginger or a good pinch of ground cinnamon.



### Method

- Get the biggest pan you can find, and put your chicken in it.
- Fill the pan  $\frac{3}{4}$  full of cold water and bring to the boil, skimming off any scum that comes to the top of the pan.
- Meanwhile, wash and chop all your vegetables into big chunks. Peel the carrots and swede, and make sure you wash the leek properly.
- Add all the vegetables and stock cubes to the soup.
- Bring to the boil again, skim again, then cook on a low simmer on the hob for around five hours.
- Keep the temperature on low to make sure it doesn't boil away – you can also put foil under the lid to slow down evaporation.
- When the cooking time is up, turn off the hob, taste and adjust seasoning if needed.
- Sieve the soup into another container (to remove the chicken/veg and to assist the cooling process).
- You can return any cooked veg to the sieved soup if you wish (some prefer it clear).
- If you used a whole chicken or wings, pick off the meat and return to the soup if you wish.