

## **Chicken Soup**

### ***Ingredients***

1 whole chicken  
2 medium onions  
1 bulb of garlic  
6 fresh bay leaves  
1 bunch of thyme  
5 ltrs water  
20 black peppercorns  
Olive oil

### **Method**

Break the chicken up into legs, wings, thighs and leave the breast on the bone, place all of them into a oven roasting tray and roast them with a little olive oil until the skin is brown at 190°

Then in a large stock pot or pasta pot put the roast chicken and all the other ingredients into the pot, cover with cold water and bring to boil. Once the broth starts to boil turn the heat down to low and cook for 4 hours. let it stand for 30 minutes for the scum to settle on the bottom

Once the broth is done, remove the chicken carefully and reserve for later, refrigerate once cool. Strain the stock through a fine mesh strainer using a label, the trick is to slowly take the liquid out from the same point so you don't disturb the scum at the bottom and then discard the waste ingredients, take the clean stock and use this as the base for your chicken soup, you can add anything here like you like in this base, it has multiple uses eg: minestrone, chicken noodle soup, dumplings, ramens, but I love to keep it simple and add the cook chicken shredded(no bones) with lots of cracked black pepper and fresh herbs. Be sure to add salt and a little olive oil.

## **Spicy Pumpkin Soup**

### ***Ingredients***

1 tablespoon olive oil  
2 onions, chopped  
2 cloves garlic, crushed  
1 teaspoon curry paste (optional)  
1/2 butternut pumpkin, peeled, seeded, chopped

1 large potato, peeled, chopped

1 carrot, chopped

6 cup chicken stock (or half water and half stock)

salt and pepper, to season

1/2 cup milk

cream, to serve

crusty bread, to serve

### **Method**

In a large saucepan, heat oil on high. Saute onion, garlic and curry paste if using for 2-3 minutes, until onion is tender.

Add pumpkin, potato and carrot. Cook, stirring, for 1 minute. Pour in stock. Season to taste.

Bring to the boil. Simmer, covered, for 15-20 minutes until vegetables are very tender.

Puree using a stick blender, regular blender or food processor. If using a food processor or blender, cool slightly. Stir in milk. Reheat gently.

Serve with a swirl of cream and accompany crusty bread.