



Chicken Noodle Soup

Homemade Chicken Stock Ingredients

- 1 x 1.8kg whole chicken
- 2 x carrots cut in half
- 2 x celery stalks, cut in half
- 2 x brown onions, peeled and cut into quarters
- 2 x bay leaves
- 2 x stalks parsley
- 10-12 cups water (enough to cover the chicken)
- 2 x tsp chicken stock powder

Chicken Noodle Soup Ingredients

- 1 tbsp olive oil
- 1 large brown onion diced
- 3 x cloves garlic crushed
- 2 x carrots diced or thinly sliced
- 2 x celery ribs cut into ½ cm thick pieces
- 2 ½ cups shredded chicken (from the stock recipe)
- 2 - 2 ½ litres stock (keep the rest in reserve)
- 200g angel hair pasta noodles (I break these into 3 x lengths so they are easier to eat)
- 1 x tsp sea salt
- Juice of ½ - 1 lemon
- ½ cup chopped dill
- Grated parmesan (optional)

Homemade Chicken Stock Method

- Place the chicken in a large pot. Add all the remaining ingredients (except the stock powder) and enough water so that the chicken is just covered.
- Cover with the lid and bring the water to a gentle simmer. Adjust the heat so that the stock is simmering gently with the lid on. Simmer for 1 x hour, turn off the heat and let the chicken sit in the liquid for a further x 30 minutes.
- Transfer the whole chicken to a bowl. Allow to cool, shred the meat and set aside.
- Place all the skin, bones and the carcass back into the stock liquid along with 2 x tsp of chicken stock powder. Turn the heat on and bring to a medium boil with the lid off for x 30 minutes.
- Strain the liquid (this is your beautiful stock) and discard bones, carcass, skin and mushy vegetables.
- Use this stock in soups, risottos and sauces. It will happily freeze if you find yourself with extra. Store in the fridge.

Method

- Heat the oil in a large pot over medium heat. Add the onion, garlic, carrot and celery and cook gently until softened and sweet.
- Turn the heat up and add stock, lemon juice (start with juice of ½ lemon and you can add more to taste later) and salt. Stir and bring to the simmer.
- Add the pasta and stir twice - stirring too much will release starch from the pasta and make the soup cloudy. After 5 minutes add the chicken and dill.
- Check that the pasta is cooked and that the chicken is warmed through and then season to taste with extra lemon juice, salt and pepper.
- You can serve this soup with a grating of fresh parmesan cheese.

Note: If you have left overs and refrigerate them to keep for another meal you will find it quite thick to reheat. This is where the extra stock reserved earlier can come into use. Just add a bit more to loosen up the soup. You can also add commercial stock or water.