

Winter Warmer Chicken and Lentil Soup

Chicken Stock

Preparation Time: 15 minutes

Cooking Time: 2 hours 15 minutes

Makes: 3.5 litres

- 1.6 kg fresh chicken
- 1 large onion, peeled and quartered
- 2 medium carrots, coarsely chopped
- 2 medium sticks of celery, coarsely sliced
- 1 bunch of coriander
- 1 bay leaf
- A good pinch of salt
- 4 litres of cold water to cover by at least 3 inches

Place all the ingredients in a saucepan or stockpot. Cover and bring slowly to the boil. Reduce heat to a gentle simmer, skimming off any scum. Simmer gently with the lid ajar for 1 hour.

Carefully remove the chicken from the pot. Remove thighs and drumsticks, and reserve. Return carcass to the pot. Bring back to the boil. Reduce heat and simmer gently, undisturbed, for another hour. Remove from heat, and sieve well.

Chicken and Lentil Soup

Preparation Time: 15 minutes

Cooking Time: 1 hour 20 minutes

Makes: 4 litres

Meat from Chicken Thighs and Drumsticks

- 1 large leek, finely sliced
- 2 large carrots, finely chopped
- 1 large turnip, finely chopped
- 250 g red lentils
- 3.5 litres chicken stock



Prepare the vegetables. Thoroughly rinse the lentils. Bring chicken stock to the boil in a saucepan or stockpot. Add the vegetables and return to the boil for 10 minutes. Add the lentils and boil for 10 minutes. Reduce heat and simmer for 1 hour.

Allow to cool thoroughly. When cool, add chicken meat. Ladle into freezer proof containers and freeze.

To serve, allow to defrost fully. Bring slowly to the boil and simmer for 5 minutes. Spoon into bowls and serve.