

Winter vegetable & chicken soup



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Preparation: about 20 minutes

Cooking: about 1½ hours

Serves: 6–8

1 x 1.2kg chicken, trimmed of excess fat
8 cups water
1 large onion, chopped
3 celery sticks
4 carrots, peeled
1 bay leaf
2 tbs olive oil
1 leek, trimmed, halved lengthways and thinly sliced
2 garlic cloves, crushed
2 parsnips, peeled and diced
2 potatoes, peeled and diced
1 swede, peeled and diced
1 cup finely shredded Chinese cabbage
½ cup flat-leaf parsley, finely chopped
Salt and ground black pepper

1. Place chicken, water, onion, 2 chopped celery sticks, 2 roughly chopped carrots and the bay leaf in a large saucepan. Cover and bring to boil over medium heat, skimming surface occasionally. Reduce heat and simmer for 1 hour. Remove chicken. Drain and reserve cooking stock (discard vegetables). Wipe pan dry with paper towel.
2. Heat oil in the pan over medium heat. Add leek, garlic and cook, stirring often, for 5 minutes. Thinly slice remaining celery and chop carrots. Add celery, carrots, parsnips, potatoes and swede to pan. Cook, stirring often, for 5 minutes. Add strained reserved stock and cabbage, cover and bring to the boil. Reduce heat and simmer for 20 minutes or until vegetables are tender.
3. Meanwhile, shred chicken flesh (discard skin and bones). Add chicken and parsley to soup. Season with salt and pepper to taste. Ladle into serving bowls and serve with thick toast.