

## Free Range Chicken Soup

---

Yield:            Portion:

Oven:            Bake:

amt	unit	Ingredients
1	5#	Free range chicken, cut up is best ¼ or in 1/8.
1		Carcass from leftover chicken*
2	ea.	Onion, diced
4	ea.	Carrots, diced
2	ea.	Celery, diced
3	ea.	Garlic cloves
		Herbs - bay leaf, thyme, black peppercorns, parsley
1	cup	Wine
2	cup	Assorted vegetable (mushrooms, root vegetables)
2	cup	Potatoes or any cooked starch like rice.

### Method:

Place chicken in large stock pot, cover with water about 3 quarts.

Add trimmings from vegetables along with herbs.

Simmer 70 minutes or until chicken is done.

Remove chicken allow to cool, pick meat and put bones back in pot.

Also add leftover carcass if you have or any leftover bones, about 2#.

Simmer for 3-6 hours, strain stock through strainer, reserve stock.

Your end result will greatly increase the longer you cook your stock.

I will put it in a crock pot at home and let it go over night.

Add 2 ounces fat to 6 qt pan, heat over medium heat.

Add onions, cook 5 minutes add rest of vegetables.

Sauté 10 minutes add herbs, cook 2 minutes, add 1 cup wine.

Add stock, diced chicken and potato if adding.

Simmer 45 minutes, adjust seasoning.

Let the season decide on the vegetables. Asparagus, summer squash, corn, tomatoes, spinach, fennel, kale etc. Remember typically what grows together – goes together. In the winter you can add beans, lentils, pasta or dumplings.

Note – if I grill or roast a whole bird I always freeze the bones and add them to make soups or stocks. The rich broths that free range meats-bones make is unmatched by contemporarily raised animals. It makes great “Chicken Jello”