

CHICKEN SOUP

Equipment:

Measuring Spoons
Measuring Cup
4 Qt. Glass or Microwave safe plastic bowl with cover.
Cheese Cloth
Wire Whip
Wooden Spoon or High Temp Rubber Spatula
Fine mesh strainer

Ingredients:

3 lbs chicken parts 1.3 kg
8 cups boiling water 2 L
3 celery stalks, cut-up 3
2 carrots, diced 2
1 Large onion chopped 1
2 bay leaves 2
2 Cloves of Garlic
1 sprig of thyme
1 tsp peppercorns or pepper 5ml
salt to taste

Procedure:

1. Place the Bay leaves, Garlic, thyme and peppercorns in the cheese cloth and tie it together to make a "Sachet" bag.
2. Put all the ingredients, except the salt, in a 4-quart (4 L) casserole.
3. Cover with a lid.
4. Cook at **P9** for 10 minutes or until the liquid just comes to a boil
5. Remove from the oven and skim any foamy surface residue that you see.
6. Return to the Panasonic Inverter Microwave and cook at **P3** 2 - 3 hours
7. (more liquid may be added during cooking if required)
8. Remove the sachet bag before serving.
9. Cut chicken off bone and dice then return to broth.
10. Season to taste with the salt.

Makes: 10 cups (2.5 L)

Variations:

Beef Soup: Substitute beef bones and stewing beef for chicken and cook at least 3 hours.

Chefs tip:

For a different more intense flavor, roast or brown the meat in a pan and "deglaze" with the liquid, making sure all the brown drippings from the pan go into the soup. Chicken broth can be substituted for the water.