

## Chicken Soup

Chicken soup is a soup made by boiling chicken parts or bones in water, with various vegetables and flavorings. The classic chicken soup consists of a clear broth, often served with small pieces of chicken or vegetables, or with noodles or dumplings, or grains such as rice and barley. Chicken soup has also acquired the reputation of a folk remedy for colds and flus, and in many countries including the United States is considered a classic comfort food.



of cold water and discarding it before continuing.

### Chicken Soup

Serves 8

1-3 lb. Chicken, cooked  
8 cups Chicken Stock  
1 1/2 cups Carrots, halved and sliced  
1 cups Onion, diced  
1 cups Celery, diced  
1 cup Corn

### Curative Powers

According to food historians chicken soup was prescribed as a cure for the common cold in Ancient Egypt. The 10th century Persian physician Avicenna referred to the curative powers of chicken soup in his writings. In the 12th century the Jewish sage Maimonides wrote that chicken soup "has virtue in rectifying corrupted humours", and recommended it as nutrition for convalescents; Maimonides also particularly recommended chicken soup for people suffering from hemorrhoids and the early stages of leprosy.

Modern research conducted by Dr. Stephen Rennard, professor of pulmonary and critical care medicine, and his colleagues at the University of Nebraska Medical Center in Omaha suggests that there might be some scientific basis for the belief in the curative powers of chicken soup. They found that the particular blend of nutrients and vitamins in traditional chicken soup can slow the activity of certain white blood cells. This may have an anti-inflammatory effect that could hypothetically lead to temporary ease from symptoms of illness. Their research was published in 2000 in the scientific journal Chest.

Because it is simple to prepare, relatively cheap, nutritious, and easily digested, chicken soup is a good food for winter convalescents. Sipping warm soup can also clear the sinuses because of the steam ventilating into the nasal passages, serving as a natural decongestant, which also relieves cold and flu symptoms. Last, but not least, chicken soup can be beneficial due to the placebo effect of comfort foods.

### Preparation

The flavor of the chicken in chicken soup is most potent when the chicken is boiled in water with salt and only a few vegetables, such as onion, carrots, and celery. Variations on the flavor are gained by adding root vegetables such as parsnip, potato, sweet potato and celery root, herbs such as parsley and dill, and other vegetables such as zucchini, whole garlic cloves or tomatoes. The soup should be brought to a boil and then simmered in a covered pot on a very low flame for one to three hours, adding water if necessary. Seasonings such as black pepper can be added. A clearer broth is achieved by skimming the film of congealed fat off the top of the soup as it is cooking; the broth can be further clarified by straining it through a strainer or cloth. Saffron or turmeric are sometimes added as a yellow colorant. It has also been said that the amount of scum can be reduced by first bringing the chicken to boil from a pot

1 cup Green Beans, chopped  
2 cups Orzo, Noodles or Rice, cooked  
1 Tbsp. Garlic  
2 Bay Leaf  
2 tsp. Thyme  
Oil as needed  
Salt and Pepper to taste

Remove the meat from the chicken and reserve the bones for stock. Heat oil in a soup pot until it shimmers. Add the onion, carrot and celery and sauté until the onion is opaque. Add the garlic and sauté for 1 minute. Add the chicken meat and stock and bring to a boil. Reduce to a simmer and add seasonings. Simmer for 1 hour. Add the remaining ingredients and simmer for another hour. While the soup is simmering skim away any scum or fat that rises to the top. Adjust seasonings and serve.

### Chicken Stock

Yield: 1 Gallon

8 lbs. Chicken Bones  
1 lb. Mirepoix  
Salt  
6 Qt. Cold Water  
1 Sachet d'Épices

Rinse the bones and place them into a stock pot with the water and salt and bring them to boil slowly. Skim the surface. Simmer for 5 hours. Add the mirepoix and the sachet and simmer for 1-2 more hours. Strain and cool. Save the bones and vegetables for a remouillage.

### Sachet d'Épices

Parsley Stems  
Bay Leaf  
Cheesecloth  
Thyme  
Cracked Peppercorns  
String

Place the spices in the middle of the cheesecloth and make a pouch. Tie the cheesecloth with the string, be sure to cut off enough sting to tie the bag to the handle of the pot so you can remove it.

### Mirepoix

2 Parts Onion  
1 Part Celery  
1 Part Carrot

Peel and chop the vegetables into large pieces.