

Chicken Broth

Serves 4

Cuisine: British

Preparation Time: 15 Minutes
Cooking Time: 1 Hour 15 Minutes

Ingredients:

8 Chicken thighs
1 Litre Chicken stock
2 Celery stalks, chopped into large pieces
2 Leeks, chopped
2 Red onions cut into wedges
4 Carrots, peeled and chopped roughly
2 Parsnips, peeled and chopped roughly
1 Celeriac, peeled and diced
1 Bay leaf
1 Lemongrass stalk
Thyme sprigs
Knob of root ginger, bruised
Maldon sea salt and freshly ground black pepper

Method:

1. Place the chicken thighs into a large pan, stockpot or casserole.
2. Add the stock and bring to the boil.
3. Add the vegetables and bring back to a simmer.
4. Add the herbs, ginger and season well.
5. Cover and simmer gently for 40 minutes until the chicken is tender. Add more stock if it looks like going too low but don't make soup!
6. Remove the chicken and pull the meat away from the bone and skin and discard those.
7. Return the chicken to the pan and adjust seasoning as necessary.
8. Cover again and simmer for a further 15 minutes.

To Serve:

Transfer to a large serving bowl and ladle into bowls at the table with loads of crusty bread.

Chef's Notes:

Quite light but filling and very tasty!