

classic chicken noodle soup

Jamie Kennedy

Chef and Owner, Jamie Kennedy Kitchens, Hillier, ON

Chicken soup carries a strong message of healing and restorative power. Grandmothers and chefs alike know that it is medicine for the soul and body and have been treating their families and guests with this elixir for centuries.

Makes about 6 servings

1 whole chicken (about 5 lb), trimmed of excess fat	3 sprigs thyme
12 cups chicken stock (approx.)	1 tsp whole black peppercorns
2 carrots, peeled and finely chopped	3 whole cloves
2 stalks celery, finely chopped	4 oz linguine noodles
1 leek (light green and white part only), finely chopped	Salt and pepper to taste
	2 green onions, thinly sliced diagonally (optional)

1. Place the chicken in a large, deep pot and add the chicken stock. The chicken should be covered by the stock so add more stock if necessary. Slowly bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer, partially covered, for 2 hours.
2. Remove the chicken from the pot, reserving the stock in the pot. Set the chicken aside to cool.
3. When the chicken is cool enough to handle, break it up, discarding the skin. Shred the breast and leg meat and set aside for later.
4. Put the carcass and chicken bones back into the pot. Bring the stock back to a simmer over medium-high heat. Reduce the heat to medium-low and simmer, uncovered, for 2 hours. Strain the stock through a fine-mesh sieve, discarding the bones and carcass.
5. Pour the stock back into the pot and bring to a boil over medium-high heat. Add the reserved shredded chicken meat, the carrots, celery, leek, thyme, peppercorns and cloves to the pot. Reduce the heat to medium-low and simmer, uncovered, until the vegetables are tender, about 20 minutes.
6. Add the noodles and simmer, uncovered, until they are tender, about 8 minutes. Season with salt and pepper to taste.
7. Ladle the soup into warm bowls and garnish with a drift of chopped green onions (if using).





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The Soup Sisters Family Cookbook
by Chef Jamie Kennedy

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- 12 cups Chicken stock (approximately)
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- 2 stalks Celery, finely chopped
- 1 Leek (*light green and white part only*), finely chopped
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- 1 tsp Whole black peppercorns
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- 4 oz Linguine noodles
- Salt and pepper, to taste
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