

CHICKEN SOUP

1 CHICKEN ABOUT 3 1/2 POUNDS
2 CLOVES OF GARLIC
1 LARGE BROWN ONION
2 LARGE CARROTS
1 CELERY STALK
BOUQUET GARNIE CONSISTING OF 4 THYME SPRIGS,
ONE BAY LEAF, 10 PARSLEY STEMS TIED TOGETHER
WITH COTTON STRING
1/2 POUND OF EGG NOODLES
FRESH ITALIAN PARSLEY AND CHIVES

PRE-HEAT OVEN TO 450°

DRY CHICKEN WITH PAPER TOWELS. SALT AND PEPPER
INSIDE AND OUT. PEEL THE GARLIC CLOVES AND STICK
INSIDE THE CAVITY.

HEAT A CAST IRON PAN FOR 5 MINUTES ON HIGH HEAT.
ADD A SPLASH OF GRAPESEED OIL.

PLACE CHICKEN IN THE PAN AND BROWN THE BOTTOM
FOR 5 MINUTES. PUT IN THE OVEN. ROAST FOR ONE
HOUR.

PEEL AND DICE ONION, CARROTS AND CELERY.

MELT 3 TBSPS OF BUTTER IN A DUTCH OVEN. PUT IN
THE VEGETABLES, COVER AND SWEAT FOR 8 MINUTES,
STIRRING OCCASIONALLY WITH A WOODEN SPOON.

NESTLE THE BOUQUET GARNIE AMONG THE
VEGETABLES AND PLACE THE CHICKEN ON TOP.
COVER WITH WATER BY 2 INCHES.

BRING TO A SIMMER AND COOK PARTIALLY COVERED
FOR 20 MINUTES. REMOVE FROM THE HEAT AND
ALLOW TO COOL. DISCARD BOUQUET GARNIE.

PLACE THE CHICKEN ON A PLATE AND REMOVE ALL THE MEAT. RETURN MEAT TO THE POT. SALT TO TASTE.

BRING A POT OF SALTED WATER TO A BOIL AND COOK THE NOODLES TILL THEY ARE A BIT UNDERDONE. ABOUT 8 MINUTES. DRAIN IN A COLANDER.

HEAT THE CHICKEN SOUP. ADD THE NOODLES. COOK FOR A MINUTE OR SO, UNTIL THEY ARE AL DENTE.

ADD CHOPPED PARSLEY AND CHIVES.

SERVES 4-6