

A Simple Chicken Soup (adapted from Terry Durack's [Yum](#))

Chicken and Stock:

- 1 free range chicken (mine was about 1.7kg)
- 2 slices ginger
- 2 spring onions, coarsely chopped
- 1 tablespoon fine sea salt



Soup:

- 2 large carrots or 6 baby carrots
 - 225g egg noodles
 - 2 onions, sliced
 - 4 spring onions, white part finely sliced, green part coarsely chopped
 - handful fresh parsley
 - salt and pepper to season
1. Place the chicken, breast up, in a stock pot "just large enough to hold it snugly", as per Mr Durack instructions. Add enough cold water to just cover the bird.
 2. Add the ginger, spring onions and salt and bring to a boil. Simmer for five minutes, then turn the chicken over and cook for a further five minutes. Now cover the pot, *turn off the heat*, and allow the chicken to continue steeping for 40 minutes. Check the chicken by inserting a skewer through the thickest part of the thigh - if the juices run clear with no hint of pink, then the chicken is cooked.
 3. Remove the chicken from the stock and allow it to rest on a plate. When cool enough to handle, remove the skin and shred the meat into bite-sized pieces. We don't use all the meat in the soup, and will usually keep some of the breast or thigh meat back for school lunches the following day.
 4. Using a slotted spoon, strain the ginger and spring onions out of the stock. Add the peeled and chopped carrots, onions and spring onions and bring the soup to a boil, before adding the egg noodles and shredded chicken meat to the pot. Taste the stock, and season with salt and pepper if desired. Once the noodles are cooked, serve generous bowlfuls with a sprinkling of chopped fresh parsley.

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