

CHICKEN NOODLE SOUP





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Preparation time: 20 minutes

Cooking time: 2 hours

Serves: 4-6

1 whole chicken

4 garlic cloves, crushed

2 tsp black peppercorns

4 bay leaves

½ bunch thyme

1 tsp fennel seeds

½ bunch parsley

4 carrots, diced

4 celery sticks, diced

1 onion, diced

sea salt flakes and freshly-ground
white pepper

200g egg noodles

1 Place the chicken, garlic, peppercorns, bay leaves, thyme, fennel seeds and parsley stalks in a large saucepan and set over a moderate heat. Simmer very gently for 1½ hours. Remove the chicken and shred the meat, discarding the bones. Strain the liquid through a fine sieve.

2 Combine the stock, carrots, celery, onion and shredded chicken in a saucepan and simmer very gently for 30 minutes. Cook the noodles in a large pot of rapidly-boiling salted water until al dente, then drain and add to the soup. Season with salt and pepper, then add the chopped parsley leaves.