

Ingredients – for approx 10 Litres of Soup (20 portions @ 300ml packaged with noodles)

- 1.5Kg Chicken drumsticks, 750g wings and 500g breast fillets with skin on preferably
- 2 medium/large sized onions, peeled and quartered
- 1 large parsnip, peeled and sliced into 1cm thick slices
- 2 medium turnips, (or sude's) peeled and sliced into 1cm thick slices
- 1 heaped tablespoon of whole black peppercorns
- 3 or 4 large bay leaves
- 4 medium or large carrots, cut into 10 mm thick slices, halved if large pieces
- 1 whole celery cut sticks every 10 mm. Avoid using the "woody" end.
- 500g thick sliced baby corn or better still, cook 3 corn on cob and cut off kernels.
- 750g Angel hair or Vermicelli pasta - slightly undercooked with NO salt, cool immediately in cold water and drain

- 1/. In a 10 Litre Stock Pot, place chicken pieces inside and fill with 6 Litre of water.
- 2/. Add onions, parsnip, turnips and a generous tablespoon of whole black peppercorns the bay leaves
- 3/. Bring to boil and simmer **very** slowly for two hours.
Make sure it is just on simmer and occasionally see bubbles. Turn chicken pieces every once in a while
- 4/. Remove from heat, and place in the sink with cool water to assist cooling.
Discard everything except the chicken which you put aside.
Save the broth through a fine strainer into a fresh 15 Litre pot.
Skim the fat off the of the stained broth surface using a ladle.
- 5/. Pull apart chicken into small edible pieces and put aside.
For appearance, be selective with what meat is kept to later add back to the broth.
Discard all skin, bones.

Putting it together...

- 1/. After removing all the fat from the broth start by re heating in the 15 Litre pot
- 2/. Add the following seasonings to taste:-
 - 150 ml Maggi "*Original Seasoning*"
 - 3 heaped tablespoons of Vegetta "*Gourmet Stock*"
 - 1 heaped desert of McCormick season salt
 - 1 heaped desert spoon of steak spice
 - 10 chicken OXO stock cubes or similar stock flavor
 - 1 level teaspoon of fresh ground black pepper
- 2/. While the stock is re heating, cut the carrots, baby corn and celery as described in "ingredients" above
- 5/. Once simmering, only add the carrots and corn then half cook them.
After carrots and corn are half cooked, add the celery and simmer a further 5-8 minutes until celery is just softening. Do not overcook
- 6/. Finally when all cooked turn off heat and add the chicken pieces, this will help cool the soup.
- 7/. Serve with angel hair or vermicelli spaghetti. You can freeze with the spaghetti at bottom of container.

NB1:- When thawing, do not bring to boil or simmer again, thaw/warm slowly to serving temperature.

NB2:- Seems like a lot of work but each serving is a light meal and can keep in chest freezer 3-6 months