



Trade Kitchen's Chicken Soup

Ingredients

2 onions, peeled and roughly chopped
6 carrots, roughly chopped
6 sticks of celery, roughly chopped
2 fresh bay leaves
1 free-range roast chicken carcass with leftover chicken attached
1 large knob of butter
Olive oil
2 cloves of garlic
4 shallots
A few sprigs of fresh flat leaf parsley
200g baby spinach
2 handfuls of seasonal greens, (kale or cavalo nero)
1 lemon
Pinch of sea salt

Method

Place onions, 2 carrots and celery in a large pan with bay leaves, peppercorns, sea salt and chicken carcass. Fill pan with cold water so that everything is covered,

then place on a high heat and bring to the boil. Reduce to a simmer and cook for 1 hour, occasionally skimming off any scum that rises to the surface.

About 20 mins before stock is ready, crack on with the base of the soup: peel remaining carrots and slice ½cm thick with remaining celery. Peel and finely slice the garlic and shallots. Pick the parsley leaves, finely chopping leaves and stalks. Roughly shred the spinach.

Place the butter and 1 tspn of oil in another large pan on low heat, add the garlic, shallots and parsley stalks and cook for 5 - 10 mins, or until softened. Add the carrots and celery and cook for a further 5 mins.

When the stock is ready, remove the chicken carcass, pull off any remaining pieces of meat and leave to one side, then discard the carcass. Strain the stock through a sieve into the veg pan. Bring to the boil, then reduce to low and simmer for 20 mins.

Add the seasonal greens and cook for a further 10 mins, adding the spinach for the last minute. Finish the soup by squeezing in the lemon juice, then taste and season to perfection, if needed.

TRADE KITCHEN

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Te Ope Whakaora

SHELTER FROM THE
STORM

2017 WINTER APPEAL



Winter is coming. Kiwis need your help **now**

Winter is on its way, and with it comes the freezing cold, bitter winds and drenching rain.

Most of us can find shelter in a comfy home, warming away the cold in front of a heater or curled up in a cosy bed at night.

But for thousands of Kiwis who do not have access to the everyday basics of food, warmth and shelter, winter is a time of stress and misery as they struggle to survive.

The unanticipated costs of seasonal illnesses, cold homes, inadequate bedding and clothing and housing issues often leads to spiralling debt, stress and poor living conditions for individuals and families.

The Salvation Army needs your support now to make sure these people are safe and healthy during these cold months, by providing the type of care that will help people survive this winter, and to give them the tools they need to be prepared for the winters ahead.

Please, donate now to help give someone shelter from the storm.

Please donate today

Call 0800 53 00 00

Or give at salvationarmy.org.nz



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