

Chicken Noodle Soup & Homemade Chicken Stock

CHICKEN STOCK:

2.5lbs boneless, skinless chicken breasts

1 picked chicken carcass

NOTE: you may substitute the chicken breasts and carcass for 1-3.5lb whole chicken, rinsed with giblets discarded

2 carrots, cut in large chunks

3 celery stalks, cut in large chunks

2 large white onions, quartered

1 head of garlic, halved

1/4 bunch fresh thyme

2 bay leaves

salt and pepper

Place the chicken and vegetables in a large stockpot over medium heat. Pour in only enough cold water to cover (about 3 quarts); too much will make the broth taste weak. Toss in the thyme, bay leaves, salt and pepper, and allow it to slowly come to a boil.

Lower the heat to medium-low and gently simmer for 1 to 1 1/2 hours, partially covered, until the chicken is done. As it cooks, skim any impurities that rise to the surface; add a little more water if necessary to keep the chicken covered while simmering.

Carefully remove the chicken to a cutting board. When it's cool enough to handle, hand-shred the meat into a storage container.

Carefully strain the stock through a fine sieve into another pot to remove the vegetable solids and bones. Use the stock immediately or if you plan on storing it, place the pot in a sink full of ice water and stir to cool down the stock. Cover and refrigerate for up to one week or freeze. Yield: 2 quarts.

CHICKEN NOODLE SOUP:

2 tablespoons extra-virgin olive oil

1 medium onion, chopped

3 garlic cloves, minced

4 medium carrots cut diagonally into 1/2-inch-thick slices

4 celery ribs, halved lengthwise, and cut into 1/2-inch-thick slices

4 fresh thyme sprigs

1 bay leaf

2 quarts chicken stock

8 ounces dried wide egg noodles

1 small bag frozen corn kernels

1 1/2 cups shredded cooked chicken

Kosher salt and freshly ground black pepper

Place a soup pot over medium heat and coat with the oil. Add the onion, garlic, carrots, celery, thyme and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned.

Pour in the chicken stock and bring the liquid to a boil. Add the noodles and corn. Simmer for 5 minutes

until tender.

Fold in the chicken, and continue to simmer for another couple of minutes to heat through; season with salt and pepper.

<http://www.foodnetwork.com/recipes/tyler-florence/chicken-noodle-soup-recipe/index.html>

(recipe inspired by link above)