



A warming, traditional Scott's soup of chicken and leeks, Cock-a-Leekie. Our creamy Keto Cock-a-Leekie Soup version is delicious served with a hot [Keto Oven-Baked White Baguette](#).

Servings - 8

Prep Time - 20 Mins | Cook Time - 1 Hr 30 Mins | Total Time - 1 Hr 50 Mins

Difficulty - Easy



Cuisine - Scottish

RECIPE

KETO COCK-A-LEEKIE SOUP

EQUIPMENT

[Cup and Spoon Measures](#)

[Non Stick Large Saucepan](#)

[Wooden Spoon](#)

[Large Metal Spoon](#)

[Food Processor](#)

[Soup Ladle](#)

[Soup Tureen](#)

INGREDIENTS

1 x 1 1/2 kg chicken

[2 Tbsp Virgin Olive Oil](#)

8 Cups water

[2 Cups Chicken Bone Broth](#)

2 Cups leeks including 1 inch green stalk cut into 1/2 inch slices

2 celery stalks, chopped

[30 g Chia Seeds](#)

Bouquet garni, consisting of 4 parsley sprigs, 1 thyme spray, 1 bay leaf and 6 peppercorns tied in a piece of cheesecloth

[1 Tsp Sea Salt, Flakes](#)

1 tbsp chopped parsley

[1 1/2 Cups Double/Heavy Cream](#)

METHOD

Place the olive oil in a large saucepan and heat. Add the chicken and brown.

Once browned on both sides, cover the chicken with water. If the chicken is not fully covered add more water. Bring to the boil over a high heat. With a metal spoon, skim off any scum that rises to the surface.

Add the leeks, celery, barley, bouquet garni and salt and reduce the heat to low.

With the lid on a slant simmer the chicken until the meat is almost falling off the bones. (Approx 1 1/2 hours)

Remove from the heat and transfer chicken to a wooden board or platter. Leave it to cool slightly. carefully detach the chicken meat from the skin and bones and discard the bones. Shred the meat.

With a metal spoon, skim the fat off the surface of the cooking liquid. Remove and discard the bouquet garni and then return the shredded meat to the cooking liquid in the pan.

Place the pan over moderate heat and simmer the soup for 5 minutes to reheat it thoroughly, add the cream and heat until the soup is almost at the boil. Remove the pan from the heat. (You can blend the soup if preferred).

Pour the soup into a warmed soup tureen. Sprinkle the parsley over the soup and serve at once.

SERVING SUGGESTIONS

Serve with [Keto Oven Baked White Baguette](#)

STORAGE

Store in a container in the fridge for 4 or 5 days. This soup can also be frozen for up to 30 days.

NUTRITION FACTS

Per serving : 377 g | Calories 368 | Protein 44.4 g | Fat 17.6 g | Carbs 6 g | Fiber 1.1 g

Net Carbs : 4.9 g

LOW CARB - KETO - SUGAR FREE

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