

HEALING CHICKEN BROTH

PORTIONS: ~8

PREP TIME: 40 MIN

COOKING TIME: 2.5 HOURS



Slow cooked chicken broth with an addition of beef bone marrow has truly healing properties – you can find out more about it in the recipe named ‘bone broth’. This soup is a great remedy if you’re feeling unwell or have common cold, as it is easy to digest and contains plenty of nutrients, therefore it will strengthen your immune system. You can also sip on a clear broth for up to 3 times during the day or serve as a delicious and healing starter on Sunday afternoon. The best pasta to use is the one made with eggs – you can easily find it in majority of supermarkets on a shelf with Polish products.

INGREDIENTS:

- 4 l filtered water
- 1 medium beef bone with marrow
- 2 chicken thighs or 3 chicken wings, organic
- 4 medium carrots
- 1 medium parsnip
- 2 medium brown onions
- 3 garlic cloves
- bunch fresh parsley
- 1-2 cabbage leaves
- 100g thin pasta, best if made with eggs

SPICES*:

1/3 tsp thyme, pinch turmeric, 1/3 tsp caraway seeds, ½ tsp ginger, pinch cayenne pepper or chilli flakes, approx. 1 Tbsp sea or Himalayan salt, pinch basil, pinch marjoram, freshly ground black pepper

1. B: bring water to boil in a large pot, add thyme, turmeric
2. SW: and caraway, followed by the beef bone. Cover with a lid, reduce the heat and cook for approx. 1.5 hours. Remove the foam that has created on a surface using a spoon. Then add:
3. SW: carrots and parsnips cut lengthwise
4. P: peeled garlic cloves cut in half, washed whole onions (do not peel) cut in half, dried ginger and cayenne pepper
5. SA: season with salt
6. SO: add chicken, ½ bunch of parsley (whole, tie with thread). Cook on a low gas for additional 1 hour.
7. Remove the bone, chicken and transfer the broth to another pot by pouring it through a sieve, bring back to boil and season with marjoram (B), caraway (SW), plenty of black pepper (P) and salt if required (SA).
8. In the meantime pour 3 cups of water (SA) to a medium size pot (uncovered), add a pinch of salt, add the pasta (SO) and bring to boil. Stir a couple of times to prevent pasta from sticking and cook for until tender.
9. To server dish out some pasta, chopped carrots, chicken meat and fresh parsley to each plate and pour over hot broth. Season with pepper.

Common allergens:

- Pasta (wheat)

Equipment used:

- large pot with a lid
- 2x medium pot with a lid
- sieve

Optional additions:

- serve with boiled potatoes (SW) instead of pasta (SO) – add with carrots and parsnip
- use slow cooker and reduce the cooking time to approx. 1 hour – phase 1 and 40min – phase 2
- if you don't intend to use beef bone make sure to add 1 Tbsp unsalted butter with carrots and parsnip and serve with potatoes