

## Mum's Chicken "Compost" Soup

### Ingredients

Serves 8

1 cup pearl barley or buckwheat, rinsed, soaked  
1.5- 2 litres water or chicken stock  
1 large organic chicken  
bay leaf  
3 long sprigs thyme  
1 - 2 heads garlic  
3 carrots, diced  
3 stalks celery, diced  
1 onion diced

1 punnet grape or can cherry tomatoes  
bunch Kale, ribs removed, sliced thinly  
2 tablespoons finely chopped parsley  
3 anchovies  
half teaspoon pepper

Pistou  
zest from 1 whole lemon  
1 large clove garlic, minced  
½ cup finely chopped parsley  
1 tablespoon olive oil to loosen

### Method

1. Clean chicken and remove any flaps of fat. Place in large stockpot with water, bay leaf and thyme. Cover with lid, bring slowly to a simmer.
2. Meanwhile, slice garlic heads in half horizontally and add to soup.
3. Prepare carrots, celery, onion and tomato and add to the pot. Replace with lid and simmer for 30 minutes.
4. Remove tough stalks from the kale and discard. Slice leaves thinly. Set aside.
5. After 30 minutes add the pearl barley.
6. Chop parsley and add 2 tablespoons to the kale.
7. For the pistou. Combine parsley with lemon zest and one large minced clove garlic. Mix very well. Add a drizzle of olive oil to loosen.
8. After 1 hour, check that the chicken is cooked (It may need another 30 minutes. Once cooked, remove chicken and place in a large bowl to cool a little. When cool, remove chicken from bones, reserving bones skin and gristle for your next chicken stock.
9. Pick out the garlic skins making sure to squeeze all of the garlic into the soup\*.
10. Return soup to the hotplate. Add pepper, anchovies, kale, parsley & shredded chicken. Warm through.
11. Ladle into warm bowls and top with a teaspoon of pistou and a good grind of black pepper.

\*The chicken can be refrigerated overnight to allow the fat to settle on the top so that it can be easily removed.

...of course there's a story behind the name. Read on....

When our kids were little, we spent a lot of time between Nanna and Grandad's and our own home as my parents helped out with the care of our kids when we were working.

Mum often sent a meal home with the girls in the evening. One night she sent home a tupperware container of chicken soup. The container was the exact same, as the one we used for our kitchen compost scraps.

Our youngest daughter therefore was perplexed as to why Nanna was sending her compost back to our house. And the name stuck.

Chicken soup has been dubbed the Jewish penicillin. There are papers and scientific studies on its merits, ranging from the benefits of the steam one inhales when ingesting it to the salt found in the soup serving as an oral saline wash. Apparently this reduces the swelling in the nose and throat, soothes irritations in these areas, and restores easy breathing. Goodbye cold & flu tablets, hello chicken soup.

It is literally full to the brim with vitamins, minerals, antioxidants & cysteine which are in the delicious veggies, herbs, garlic, chicken and bone broth.

Pistou is traditionally used as a flavour enhancer in soups. Pistou has had a long history. The Roman poet Virgil described a sauce made by crushing herbs in a mortar with garlic, salt and olive oil. Over time, the sauce morphed into the heady Gevonese pesto, which then morphed into pistou in Nice. And then I had a go. This pistou is rustic and simple and goes beautifully with slow cooked dishes like Osso Bucco and Lamb Shanks.

