

# What's Simmering ... With Chef Jack!

Greetings to all!

I hope this newsletter finds everyone in good health and spirits! It's hard to believe another year has passed. This certainly was one for the record books. Everyone is trying to adjust to the changing events - local and international. It seems many people are scaling back a bit on stuff and putting more focus on family time. Quality over quantity - things with a little more value. I think one of the best ways to do that is find some old favorite family recipes and spend some time in the kitchen together. It's a great way to include everyone; some only have to be taste testers while recalling past memories and time. Some of my favorite foods and memories involve much stained recipe cards. However you choose to spend these holidays, I hope there is joy and peace!

We are looking at Wednesday, January 28<sup>th</sup>, for our next cooking class. We will feature some of our favorite comfort foods and several simple homemade cheese recipes to boot. Winter certainly is a great time to get into the kitchen. Please look for more details and remember to sign up early.

Chef Jack

## OLD FASHION' CHICKEN SOUP

Amt.	Unit	Ingredients
5-6	lbs.	Free range chicken, cup up into 1/8th
3	cups	Onions, diced
2	cups	Carrots, diced
2	cups	Celery or celery root, diced
6	ea.	Garlic cloves
1	ea.	Bay leaf
1	tsp.	Thyme
1/2	cup	Parsley
1	tsp.	Black pepper
1	tsp.	Kosher salt
1/2	tsp.	Thyme, dried or double if using fresh
1/4	cup	Parsley, chopped fine (may substitute basil)
1	cup	White wine
2-3	cups	Chard, kale or spinach (cut stem into 1/3" slices and leaves into 1" square chunks)
2	cups	Potatoes - Yukon, carola or any yellow potato

Method:

1. Place chicken in large stock pot; cover with water (about 2 1/2 quarts).
2. Add trimmings from vegetables plus 1 cup each diced onions, carrots and celery.
3. Bring to simmer and skim top.
4. Add herbs, seasonings and 3 smashed cloves garlic.
5. Simmer 70 minutes or until chicken is done.
6. Remove chicken; allow to cool; pick meat and put bones back in pot.
7. Simmer bones for 3-6 hours; strain stock through strainer; reserve stock. Crock pot works great!
8. Add 2 ounces fat (from stock or butter) to 6 qt. sauce pan; heat over medium heat.
9. Add 2 cups onions; cook 10 minutes until translucent.
10. Add 1 cup each carrots and celery, minced garlic, thyme and parsley and sauté for 10 minutes.
11. Add 1 cup wine and reduce slightly.
12. Add stock, about 8 cups, bring to boil and adjust seasoning.
13. Add diced chicken, chard or kale and potatoes.
14. Simmer 30 - 45 minutes; adjust seasoning.  
Enjoy!

This is a good soup to double.

The stock is time consuming, but well worth it. I use a crock pot at home.

Any cooked starch can be substituted, such as barley, wild rice, spelt or beans.

Recipes are only guidelines; use your intuition. No two onions, etc. are ever the same.