

# CHICKEN-NOT-CHICKEN SOUP



**Rosie's Preserving School**  
PRESERVING PRESERVING

# EQUIPMENT LIST

- Chopping board
- Knife
- measuring jug
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals

*Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!*

*Rosie*

# INGREDIENTS

<input checked="" type="checkbox"/>	Chicken thighs - skinned	8 (optional)	
<input checked="" type="checkbox"/>	water	5 litres	14 pints
<input checked="" type="checkbox"/>	waxy potatoes	4 medium	
<input checked="" type="checkbox"/>	carrots	8	
<input checked="" type="checkbox"/>	1 tin tomatoes or 3-4 fresh		
<input checked="" type="checkbox"/>	celery stalks	4	
<input checked="" type="checkbox"/>	onions	2 medium	
<input checked="" type="checkbox"/>	garlic cloves	5	
<input checked="" type="checkbox"/>	dried thyme	1 tablespoon	
<input checked="" type="checkbox"/>	sea salt	1 tablespoon	
<input checked="" type="checkbox"/>	ground black pepper	2 teaspoons	
<input checked="" type="checkbox"/>	bay leaves	2	

## VEGGYMIGHT

<input checked="" type="checkbox"/>	chopped veg/ good, clean peelings	1 kilo	2lbs
<input checked="" type="checkbox"/>	rock salt	250g	4oz

# METHOD

## BEFORE THE WORKSHOP

If you are using chicken in your recipe put into a large stock pot or pan and cover with the water. Cook until tender then set aside to cool. Remove any bones and skin and leave the meat in the liquid

Get your jars, lids and seals organised

Peel and chop all of the remaining vegetables and add to the pan. Put onto the hob to reheat as you do this. Keep the peelings except for the potatoes

If you are not using meat make up enough stock using a cube to top up your chosen number of jars - at least 2 litres

Add the herbs and seasoning and heat altogether for 5 minutes

Ladle into your jars using a funnel - try to distribute everything evenly and fill to 3cms/1 inch headspace. Remove air bubbles

Wipe the rims of the jars and the seals with vinegar and seal the jars

Place in the canner and add the remaining vinegar to the water

Any stock that is left can be jarred up and processed to use another day

Close the canner and heat on high. Vent for 10 minutes

Apply the weight and bring the pressure to 10lbs psi

Process for 75mins for 500ml/1 pint jars and 90 mins for 1000ml/1 quart

To serve: add some frozen peas if liked, chopped fresh parsley or some gratings of parmesan. Or maybe thicken with a butter/flour roux to make a pie filling