



Here is a great fall soup. For the past several years I have been doing this at a fall open house. I belong to CSA which stands for Community Supported Agriculture. Families subscribe to a farm in late winter, then for 16-18 weeks during the summer and fall, you get a box of vegetables every week from that farm. I split a box with several families and it's great fun sharing and swapping cooking tips. Here is a fun soup recipe which uses a variety of fresh local ingredients. Enjoy!

Chicken Soup CSA Open House

Amt.	Unit	Ingredients
5-6	lb.	Free range chicken, cut up into 1/8th's
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 lacinato kale (cut stem into 1/3" slices and leaves into 1" square chunks)
2	cups	Potatoes - Yukon, carola or rose fin (just ask your farmer for the best one)

Method:

1. Place chicken in large stock pot, cover with water (about 2 1/2 quarts).
2. Bring to simmer and skim top.
3. Add herbs, seasonings and 3 smashed cloves garlic.
4. Simmer 70 minutes or until chicken is done.
5. Remove chicken, allow to cool, pick meat and put bones back in pot.
6. Simmer bones for 4-6 hours, strain stock through strainer, reserve stock.
If I have bones left over from another chicken, I'll add them to the pot. (I freeze bones whenever I make whole birds).
7. Add 2 ounces fat (from stock or butter) to 6 qt. sauce pan, heat over medium heat.
8. Add 2 cups onions, cook 10 minutes until translucent.
9. Add 1 cup each carrots and celery, minced garlic, thyme and parsley and sauté for 10 minutes.
10. Add 1 cup wine and reduce slightly.
11. Add stock, about 6 cups, bring to boil and adjust seasoning. With natural reduction, your original water will reduce down.
12. Add diced chicken, chard or kale and potatoes.
13. Simmer 45 minutes, adjust seasoning, and enjoy!

This is a good soup to double. The stock is time consuming, but well worth it. 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.