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Cock-a-Leekie Soup



Makes:

10 - 12 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover
2.5 Qt. (1.49L) Culinary Basket
5 Qt./4.7 L Roaster with Cover
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Recipe:

Contributed By:

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Recipe Description:

Cock-a-leekie soup is a traditional Scottish dish often served as an everyday meal with bread. This version is lighter in fat and calories, but still full of flavor.

3 - 3½ pounds whole free range chicken, cut into pieces or bone-in chicken thighs (1.4 - 1.6 kg)
1 large onion, cut into chunks
2 stalks celery, cut into chunks
2 carrots, trimmed, scrubbed and cut into chunks
2 bay leaves
8 cups water (1.9 L)
4 leeks, washed and thinly sliced
2 fresh thyme sprigs
2 tablespoons fresh parsley leaves, chopped (8 g)
1 teaspoon natural salt (6 g)
½ teaspoon fresh ground black pepper (1 g)
¾ cup

barley or basmati rice
(150
g)

Directions:

1. Trim excess fat from chicken.
2. Place chicken, onions, celery, carrots and bay leaves in roaster. Pour water over contents, turn heat to medium and cover.
3. When Vapo-Valve™ begins to click steadily, reduce heat to low. Cook chicken for 1 hour or until chicken is tender.
4. Remove chicken from roaster. Let chicken rest until it is cool enough to handle. Remove chicken from bones and discard bones and skins. Chop chicken into pieces.
5. Place culinary basket in sauce pan and strain chicken broth. Pour strained chicken broth back in roaster and add leeks, chopped chicken, thyme, parsley, salt, pepper and barley or rice.
6. Place cover on roaster and turn heat to medium. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for 30 - 40 minutes until leeks are soft and grains are cooked. (Time will vary depending on what grain you are using.)
7. Taste, adjust seasoning as necessary and serve.

Tips:

- Substitute barley or rice for 1 pound of diced potatoes.
- Add ½ cup pitted chopped prunes to stock when adding chicken and grains. The addition of prunes is quite common in many traditional recipes.
- Extra soup freezes well.

Nutritional Information per Serving

Based on 12 servings
Calories: 317
Total Fat: 18g
Saturated Fat: 5g
Cholesterol: 101mg
Sodium: 302mg
Total Carbs: 17g
Dietary Fiber: 3g
Sugar: 3g
Protein: 23g
Nutritional analysis calculated using 3 pounds chicken and pearled barley