

Chicken A L'Orange Soup

Serves 6

Ingredients:

- 30g butter
- 1 tsp olive oil
- 4 shallots, finely sliced
- 4 cloves of garlic, finely chopped
- 2 celery sticks, diced
- 2 carrots, peeled and diced
- 6 springs of thyme
- 6 stalks of parsley, reserve leaves for garnish
- 2 bay leaves
- 1 cinnamon quill
- 2 star anise
- 1 tsp ground cumin
- 1 tsp ground coriander
- 100ml white wine
- 1L chicken stock
- 1L water
- 5 navel oranges, juice and zest
- 1 whole chicken, uncooked, rinsed under cold water
- 1 tsp soy sauce
- 1 tsp white wine vinegar
- Salt and Pepper

Method:

1. In a large soup pot, add oil and butter over medium heat
2. Add shallots, carrot and celery. Cook, stirring for 3-4 minutes or until shallots are soft
3. Add garlic, thyme, parsley stalks and bay leaves. Cook, stirring for 30 seconds
4. Add cinnamon quill, star anise, cumin and coriander. Cook, stirring for 1 minute
5. Add the white wine and let cool down for 2 minutes
6. Add the stock, water, orange juice and zest. Season with salt and pepper. Bring to the boil
7. Add the chicken, ensuring it is submerged in the liquid. Bring back to the boil, cover, reduce heat to a simmer and cook for 40 minutes or until the chicken is cooked through
8. Turn off the heat, remove the chicken and let cool before shredding the chicken meat. Discard skin and carcass.
9. Remove parsley stalks, bay leaves, cinnamon and star anise from the soup and discard. They've done their job!
10. Add shredded chicken back to the soup and add the white wine vinegar and soy sauce. Bring back to the boil
11. Season as desired and top with parsley leaves



