

Cock-a-leekie

From *A Year in Chicken Soup* by Hattie Garlick on Talking of Food.

Ingredients

4-5	chicken thighs
2	carrots
4	good size leeks
	celery
½ head	garlic
bunch	thyme and parsley
	black peppercorns
	salt
1 cup	long grain rice
	hot water

N.B. Fraser doesn't include prunes in his recipe but since most other recipes do, and most Scots I spoke to eulogised over their place in this soup, we rather controversially added a handful into the soup when we made it (they were rather delicious...)

Method

Get a large pot and brown the chicken in a little vegetable oil then set aside.

Chop the carrots, celery and the greens of the leek into large chunks and put into the pot. Brown for a couple of minutes and then add the chicken back to the pan along with the garlic, thyme, pinch of peppercorns, parsley and a generous pinch of salt. Cover this with hot water and then simmer for around 40 minutes to an hour on a low-medium heat.

Remove the chicken from the pan and place to the side, strain the liquid and remove all the veg etc. Shred the chicken with a fork and a knife and then place back into the strained broth.

Chop the remaining whites of the leeks and add back to the broth along with the rice. Cook until the leek is soft but still with a little bite and the rice is cooked. Serve with hot crusty bread and good butter.