



Pig and Pepper

The Cook, editor



Happy Once! Happy Twice! Happy New Year with Chicken Rice!



.....soup, that is.....

It's January, the start of a brand-spanking shiny new year, a time when we are all thinking about...time. Day-timers, calendars, electronic agendas, all tick tick tick away the old year into the new.

The cook has fallen back on a favourite old almanac -- no, not the Farmer's, but instead Maurice Sendak's very own *Chicken Soup with Rice: A Book of Months*. Sendak captures perfectly the mood of each month, from icy January, through windy March, and on to a soup-laden Christmas tree in December. As Sendak tells us, "all seasons of the year are nice, for eating chicken soup with rice!"

The cook couldn't agree more.....

Happy Chicken Soup With Rice

INGREDIENTS:

- 1 chicken (about 4 to 5 pounds, or 1.5 to 2.0 kilos)
- 1 leek (trim the green part to 2 inches above the white root, and then split and carefully wash)
- 6 carrots, diced
- 4 potatoes, diced
- herbes de provence (a mix of dried rosemary, thyme, basil) - optional
- 1 tbsp fresh basil - optional
- 1 lemon (NOT OPTIONAL)
- rice - if cooked, 1 cup; if uncooked, 1/2 cup
- 1 - 400g/425mL tin diced tomatoes
- salt and pepper

METHOD:

In a large soup or stock pot, sauté the white part of the leek, chopped, along with a teaspoon of the herbes de provence and a small pinch of salt and pepper. When translucent and aromatic, add the chicken, browning slightly, and then add water to cover and the lemon, which you have pierced several times with a knife.

Bring to the boil, then reduce heat and let the chicken simmer for 2 to 3 hours, adding more water if necessary.

Remove the chicken from the pot, and separate the meat from the carcass and put the meat back into the pot.

Carefully squeeze out the lemon and remove it.



Add the carrots, potatoes, and the chopped green part of the leek. If you are using uncooked rice, add it here.

Bring to the boil, then reduce heat and simmer until veggies are tender and rice is cooked.

Add the tin of tomatoes and the fresh basil. If you are using cooked rice instead of uncooked, add it here.

Cook for another 15 to 20 minutes, then ladle into soup bowls and serve it once, serve it twice, serve that chicken soup with rice!

Bibliographic Information:

**Sendak, Maurice. *Chicken Soup with Rice: A Book of Months*. Illustrations by the Author. New York: Scholastic, Inc., 1962.
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