

Been looking for some stock soup recipes? Look no further

BASIC CHICKEN SOUP STOCK

- 1 stewing or boiling chicken with giblets
- 1 peeled onion
- 1 scraped carrot
- 1 tsp. pepper corns
- 1 tsp. salt
- 1 rib celery with leaves
- fresh parsley in season

Bring three quarts of water to a boil, add cut up chicken and giblets, onion, celery, parsley, salt and peppercorns. Bring to a boil and simmer 3 hours.

Remove chicken and set aside to cool, strain the rest of the stock and discard the vegetables. Cool stock and lift off any, but not all, of the fat. Return to kettle and heat.

Add chopped up chicken that has been boned and skinned, and chop the giblets. Add to stock, add 1/2 tsp. each of thyme and oregano to taste and add more salt or pepper to taste. If the stock is not rich enough you may add 1 or 2 Oxo chicken cubes to the boiling stock, then stir and add vegetables. When they are just about cooked, add cooked, drained and hot water rinsed noodles.

Nonie Graham

BASIC BEEF SOUP STOCK

- 2 lbs. beef soup bones, shin or knuckle, with a little meat still on them preferably
- 3 qts water
- 1 peeled onion
- 1 scraped carrot
- 1 rib celery with leaves on
- 1 bay leaf
- 1 tsp. salt
- 1/2 tsp. peppercorns

In a large dutch oven or kettle with a lid, put all the ingredients and bring to a boil. You will notice that a scum is forming on the top of the boiling water. With a slotted spoon carefully lift off as much as possible, and discard.

Place lid on pan and simmer for three hours. Some of the water will evaporate, do not add more. Strain all through a sieve. Let the broth cool overnight if possible. In the morning, skim off some of the fat, if there is too much, and discard it. You should have a

rather thick jelly. Heat and add any vegetables you like.
NOTE: Some bones do not make as rich a stock as others, so I always taste the stock before I add vegetables. If not enough flavor I add an Oxo cube or two, to the boiling broth.

SESAME CRUNCHBALLS

- 1/2 cup peanut butter
- 1/4 cup honey
- 1/2 cup crushed cornflakes
- 1 cup sesame seeds

Mix together peanut butter, honey and cornflakes, until well blended. Chill for 15 mins. Meanwhile put sesame seeds in a large skillet and cook over moderate heat, for about 55 mins, stirring until golden brown. Tip seeds onto a sheet of waxed paper, form peanut butter mixture into balls, and roll in sesame seeds until well coated. Store in a single layer, in a covered dish in a cool place.

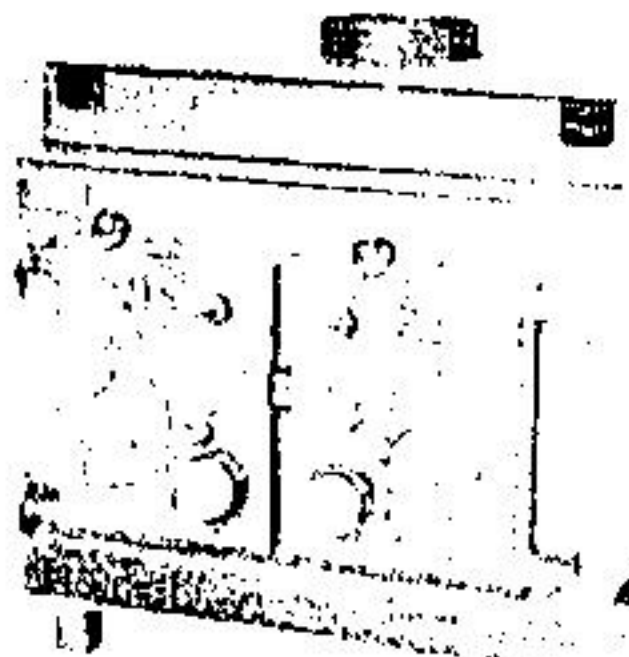
Nonie Graham



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