
Cock-a-Leekie Soup

Bill Elliott's Adapted Version
Lin's Food



Total time 2 hours

Serves 8

Ingredients

1 whole chicken (about 4.5lbs)

3 quarts of low-sodium chicken broth

1 bottle of white wine (750ml) (or water); I used Pinot Grigio

2 large celery ribs, diced

1 large carrot, peeled and diced

4 cloves garlic quartered

1 sweet onion quartered

4-6 leeks, white and lighter-green parts only, halved lengthwise, thinly sliced



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8 oz bag of pitted prunes, optionally quartered

1 cup barley

1/2 cup fresh flat-leaf parsley (optional; I didn't use)

STEP 1

Use a large Dutch oven or sauce pan. You can omit some of the broth in the first step if your pot isn't large enough. Quarter the chicken and place in the pot along with broth, wine, celery, carrot, and garlic. Bring to a boil; reduce heat, and simmer, skimming as necessary, for 1 hour.

STEP 2

Transfer chicken to a plate; let cool. Transfer vegetables to another plate; reserve. (I discarded the large onion bits)

STEP 3

Add the leeks, prunes, and barley to the broth. Bring to a boil, reduce heat, and simmer until thick, (maybe 45 minutes more) .

STEP 4

Once chicken has cooled, shred meat and discard the skin and bones. Stir the reserved chicken, carrot, celery, and (opt) parsley into soup, heat through, and serve.

NOTES:

You can also substitute shredded chicken breast (I'd brown them first) for the whole chicken, but the skin/bones in the initial steps really add flavor to the broth.

It seems complicated but there are several process steps that can be done in advance cooled and later reheated (a natural one is stopping before adding the leeks and barley; bonus is the ease in skimming off the fat from the cold broth) but once the barley is added you may need to add more broth when reheating.

Enjoy!



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