



One Pot Chicken

Amanda Daniel – [2B: Ethical](#)- 12th June 2011

A WINTER FIX...

My family and my Super Girl friends have asked me for this recipe so many times... here it is. Keep it simple or make it as exotic as your pantry allows. The principle? - Take one good local chook and what's lying around in your fridge to make a broth, and poach the bird.

Day 1 - Have the broth and meat one night.

Day 2 - Add some fresh sautéed greens to a bowl and pour the broth over the top.

Day 3 - Add some black lentils and herbs to the tasty reduction.

This idea is so versatile: You can remove the bird when it is cooked and serve it with pulses and vegetables, or add the meat back to the pot for chicken soup. Or make a poached chicken salad - shred the poached meat, toss with chopped picked walnuts, endive, olive oil, lemon and seasoning.

INGREDIENTS

The Basic Ingredient is Imagination....

The others...

1 organic chicken
 macrobiotic salt, white pepper
 cut vegies chunky style! -
 2 carrots, chopped
 2 turnips, chopped
 3 parsnips, chopped
 2 pears, chopped
 stick of celery, chopped
 some green onion
 lemon zest
 large sprig fresh thyme
 bunch parsley, chopped
 parmesan cheese
 olive oil

METHOD

Put your organic chook in a large pot and cover with five inches of drinkable water.

Bring to the boil and take off scum and fat.

Bring to a slow simmer and add a big pinch of salt and grind of white pepper.

Add the carrots, turnips, parsnips, pears, celery, green onion, lemon zest and thyme.

Check seasoning – bring all to the boil, then turn to a slow simmer, for ½ hour.

Turn off – check seasoning – and let sit for ½ hour.

Remove meat from bone and return to the soup or use in a salad or main dish.

Bring broth to temperature and add bunch of chopped parsley.

Check seasoning and serve into bowls – a shave or parmesan and drizzle of good olive oil won't hurt a bit.

ASFAM SHOPPING LIST

Ingredients

Chicken
 Olive Oil

Thyme, parsley

Vegetables

Stallholders

Inman Valley Poultry (site 20)
[Woodside Cheese Wrights](#) (site 14); [The Passionate Foodie](#) (site 42);
[Bald Hills Olive Grove](#) (site 83), [Harding's Fine Foods](#) (site 38),
[Patlin Gardens](#) (site 71) [Virgara's Garden](#) (site 50), Rodger Fryer (site 52)
[Hillside Herbs](#) (site 88), [Salad Greens and Kitchen Herbs](#) (site 95-96)
[Aay's Fresh Herbs](#) (site 92-93)
[Virgara's Garden](#) (site 52), [N&M Tsimklis](#) (site 56-58)
[Patlin Gardens](#) (site 75-76), B&A Andonopoulos (site 68)
 Golden BC (site 78-79), [Hart's Vegetables](#) (site 80-81)
 Alnda Farms (site 84)