ROAST CHICKEN STOCK & VEGETABLE SOUP

Roast once. Eat twice. Waste less.



⏱️ QUICK INFO

- Serves: 6 generous bowls
- Prep: 20 minutes
- Stock: 1½ hours
- Soup: 30 minutes
- Total: about 2 hr 20 min

🍏INGREDIENTS

STOCK
1 cooked chicken carcass
1 onion • 1 carrot • 1 celery stalk
2 garlic cloves • 1 bay leaf
6 peppercorns • 2 L cold water
SOUP
15 ml oil or chicken fat
1 onion • 2 carrots • 2 celery stalks
1 medium potato (about 200 g)
1 tsp dried thyme • 1.5 L stock
250 g cooked chicken, shredded
150 g frozen peas or chopped greens
Salt & pepper • parsley, if available

METHOD

1. Save the meat
Pick off useful chicken; chill it promptly.
2. Start the stock
Break up the carcass; add veg and cold water.
3. Barely simmer
Cook gently 90 min; strain and skim.
4. Build the soup
Soften diced veg; add potato, thyme and stock.
5. Finish last
Add chicken and peas for 5 min; season.

🪶 THE STORY

Good cooks know the bones are not the end of the meal. Vegetables, water and time turn yesterday's roast into tomorrow's soup.

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🔥 KOOK'S SECRET

Remove the meat first. Long simmering makes cooked chicken dry; return it only at the end.

Full recipe and printable card: kookssecrets.com

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THE CALM, COMPLETE METHOD

1. SAVE IT SAFELY

After the roast, remove useful meat with clean utensils. Refrigerate the meat and carcass promptly in covered, shallow containers. Use within 2 days.

2. START THE STOCK

Break the carcass into large pieces. Add onion, carrot, celery, garlic, bay, peppercorns and 2 L cold water. Bring slowly to a bare simmer; skim foam and excess fat.

3. SIMMER—DON’T BOIL

Simmer very gently, uncovered, for 90 minutes. Strain without pressing the solids. Skim the fat; measure 1.5 L, topping up with water if needed.

4. BUILD THE SOUP

Heat the oil or chicken fat. Cook the diced onion, carrots and celery for 8 minutes without browning. Add potato, thyme and stock; simmer 15–20 minutes until tender.

5. FINISH LAST

Add the shredded chicken and peas or greens. Simmer for 5 minutes until piping hot. Taste before salting. Finish with pepper and parsley.

6. COOL + STORE SAFELY

Serve now, or divide into shallow containers. Refrigerate as soon as the steam has gone. Use within 2 days; reheat only what you need until piping hot.

💡 THE SECOND-MEAL LESSON

The carcass gives flavour and body; inexpensive seasonal vegetables turn it into six bowls. To stretch it, add 75 g red lentils with the potato and 250 ml extra water.

ONE ROAST • SIX BOWLS • LESS WASTE • MORE VALUE

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