

# Chicken and Vegetable Soup with Plaited Bread

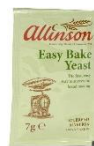


## Ingredients for Chicken and Vegetable Soup:

- 1 Chicken Carcass
- 2 Cloves Garlic, Unpeeled and Bashed
- 2 Sticks Celery, Roughly Chopped
- 1 Leek, Roughly Chopped
- 1 Onion, Roughly Chopped
- 1 Large Carrot, Roughly Chopped
- 1 Bay Leaf: School to Provide
- Fresh / Dried Herbs of Your Choice: School to Provide
- Dried Herbs
- Pinch Salt: School to Provide
- Pinch Black Pepper: School to Provide
- Water to cover all other ingredients: School to Provide

## Ingredients for Plaited Bread:

- 250g Strong Plain White or Brown Bread Flour
- ½ Teaspoon Salt: From School
- ½ Teaspoon Sugar: From School
- 50g Butter
- 7g (1 Sachet) Fast Acting Easy Blend Dried Yeast
- 150ml Warm Water: From School
- Milk and Egg Wash: From School



## Optional Bread Ingredients:

- 50g Cheese
- Seasame Seeds
- Poppy Seeds
- Dried / Fresh Herbs
- Sundried Tomatoes
- Any Other Ingredients of Your Choice



## Method:

1. Preheat oven to 220°C / Gas Mark 7.
2. Prepare all the vegetables: Chop the celery, onion, and carrot.
3. Remove the garlic from the pod and bash two cloves with a rolling pin, do not remove the skin.
4. Place the chicken carcass in a large saucepan. Add the garlic, vegetables, herbs, salt and pepper.
5. Add the water so it covers all the ingredients.
6. Place the saucepan on the back of the hob and bring to the boil. Skim off any scum that comes up to the top, and then turn the heat down to a simmer.
7. Take a piece of greaseproof paper, scrunch it up and place it over the top of the carcass.
8. Simmer for 25 to 45 minutes. The longer you can leave it, the better the flavour. Ensure the liquid does not burn dry.
9. Weigh and measure all ingredients accurately for the bread.
10. Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
11. Place the flour into the Kenwood mixer bowl. Add the salt.
12. Add the butter and turn on the machine for 30 seconds until the mixture resembles breadcrumbs.
13. Add any additional flavourings.
14. Add the fermented yeast mixture to the Kenwood bowl a little at a time while the dough is formed, you may not need to use all the liquid!
15. When a dough is formed, knead in the Kenwood for 5 to 8 minutes to form a soft elastic dough.
16. Complete any washing up.
17. Remove the dough from the Kenwood and divide the bread into three portions, each needs to be the same size.
18. Roll each portion into a sausage, it needs to be approximately 30cm in length.
19. Plait the bread. Place the loaf on a baking tray. Cover with greased cling-film and leave to prove in the grill compartment of the cooker for 15 to 20 minutes.
20. Remove the cling-film.
21. Glaze loaf with the milk and egg wash. Add any toppings.
22. Bake for 15 to 25 minutes until golden brown. To test the loaf is fully cooked tap the bottom and it should sound hollow. Leave to cool before cutting with a bread knife.
23. Remove the saucepan from the hob and place on a pan stand.
24. Use a colander to drain the liquid from the saucepan into a large bowl.
25. Pass the stock through a sieve to remove any other bits. Discard the garlic cloves.
26. Add the vegetables back into the stock.
27. Place the carcass on a yellow chopping board and use a knife and fork to remove any cooked thicken that is still on the carcass.
28. Add this to your stock.
29. Serve the chicken and vegetable soup with the sliced bread.



You will need a liquid tight container for carrying your soup home in and a separate container for your plaited loaf of bread.