



# Making the most of the Family Chicken



**D**uring cold weather, a Sunday roast chicken dinner is a great tradition. There are very good brands of whole chickens available, and a fine healthy feast can easily be made, with a little rice and a steamed vegetable.

Now this is pretty easy to do. Pretty much put them in the oven and roast.

With a little more thought,

this process can provide several meals for a growing family. Instead of roasting one chicken, add a second, or third. Same amount of work. Refrigerate the roasted birds, and remove the meat at your leisure. You now have chicken sandwiches, chicken salad, and the final great dish of the week. Chicken soup. Jewish penicillin. Just what the doctor ordered.

To properly roast a chicken, take a pan larger than all the birds you have. Or use two pans. Line the pan with aluminum foil, for easy clean up. Wash the chickens in cold water, and season liberally with salt and pepper. Clean the sink very carefully, and any surface that the chicken has touched, to avoid spreading bacteria.

Place upside down in the pan, adding a little celery and onion if you want. Cover the chickens with a piece of foil each, and place in a moderate oven, about 300°F. In about an hour, turn the chickens over, and remove the foil, continue to roast for about another hour, until the leg when twisted will instantly separate from the thigh. Let rest for a while before serving to the family.

At this point you may separate the meat from the remaining chickens, or just cool until tomorrow. Keep the meat as whole pieces, cover and refrigerate for another day. Take the bones, and place in as large a pan as you have. Just cover the bones with cold water, about one quart per chicken. Bring to one boil, and lower to a simmer. Cook slowly for only 30-45 minutes, as longer will make the stock cloudy and give an off flavor. Strain the stock into storage containers, cool, and refrigerate.

The chicken meat may be sliced for great sandwiches, or cubed for chicken salad. After a few days of this, it's time to make soup for Friday dinner.

*John Griffin*

## CHICKEN SOUP

Onions, large dice	2 each
Celery, sliced	2 stalks
Carrots, peeled and sliced	2 each
Olive oil	2 Tbs
Chicken stock	2 quarts
Chicken meat, large dice	1 pound

In a large saucepan, sweat the onions, celery, and carrots with the olive oil, until they are very hot. Add the stock, and bring to a boil, seasoning at this point with salt and pepper. Cook for 10 minutes, and add the chicken meat. Bring to one boil, and add whichever garnishes you want to create your own recipe. Either serve right then, or remove to storage containers, and cool to reheat within a day or two.

Garnish suggestions:

Pasta of choice – precooked al dente  
 Potatoes peeled – steamed until just done  
 Beans of your choice – cook separately until well done  
 Barley, or rice - cook separately until done

