Recipe By Amber Share for Native Food & Wine

Winter Chicken Soup from Scratch
Serves 3

1 chicken carcass, raw
2 large or 3 small carrots, chopped into large pieces
2 celery stalks + leaves, chopped into large pieces
1 small onion, chopped into large pieces
5 peppercorns

1 tablespoon butter
4-5 shallots, peeled & sliced thinly
1 large turnip, peeled & cut into small cubes
2 cups roughly chopped spinach leaves
salt & pepper to taste

Broth:
Place carcass in a large pot and cover with water (about 4 1/4 quarts / 4 liters). Add vegetables and peppercorns. Bring to a boil and quickly reduce to simmer for 2 hours. Skim the scum that rises to the top frequently. Remove vegetables and discard. Set carcass aside. Strain chicken stock through a fine mesh sieve into a clean container and place in the refrigerator overnight (or freezer for 2 hours) then scrap the fat off the top.

Once the carcass has cooled remove the edible pieces of meat.

Return stock to clean pot. Bring to a boil and quickly reduce heat to low-medium. Heat a frying pan over medium. Add butter, shallots and turnips, sprinkle with salt and sauté until soft - about 10 minutes. Add to stock. Simmer 15 minutes more or until turnips are tender. Add salt to taste (start with 1/2 teaspoon and increase as needed, ours needed 1 teaspoon) then add chicken and spinach and simmer until spinach is wilted and chicken is hot - about 2 minutes.