

Chicken and vegetable broth with buttered soda farls and chicken livers

overnight
preparation time

over 2 hours
cooking time

Serves 4

Ingredients

For the soup stock

- 1 x 1.5kg/3lb organic free-range chicken
- 3 free-range chicken carcasses, roughly chopped
- 1 onion, finely chopped
- 1 carrot, peeled, finely chopped
- 2 sticks celery, finely chopped
- 4 fresh parsley stalks
- 4 litres/7 pints cold water

For the chicken livers

- 100g/3½oz chicken livers, trimmed
- 100ml/3½fl oz buttermilk
- salt and freshly ground black pepper
- 50g/2oz butter
- 1 tbsp finely chopped fresh parsley, to garnish

For soup garnish

- 4 baby courgettes, sliced into rounds
- 1 bunch baby carrots, sliced into rounds
- 4 spring onions, cut into batons
- 100g/3½oz barley, cooked
- 100g/3½oz peas, shelled and cooked
- 100g/3½oz broad beans, out of their pods, inner membrane removed, cooked

For soda farls

- 450g/1lb plain flour, plus extra for dusting
- 1 tsp salt
- 1 tsp sugar
- 1 heaped tsp bicarbonate of soda
- ¼ tsp cream of tartar
- 300ml/½ pint buttermilk
- 1 free-range egg, beaten
- drizzle vegetable oil
- 100g/3½oz unsalted butter

Preparation method

1. For the soup stock, remove the breast and leg meat from the chicken and reserve in the fridge. Place the rest of the chicken along with the

By Danny Millar
From Great British Menu

- chopped chicken carcasses into a large pan, cover with water and bring to the boil. Drain, then return the chickens to the pan and add the finely chopped onion, carrot, celery and parsley stalks. Cover with the 4 litres/7 pints fresh cold water and bring to the boil, then reduce the heat and simmer for 1 hour and 30 minutes.
2. Add the reserved chicken legs to the pan and cook for a further 20 minutes, or until cooked through. Remove the legs from the stock and shred the meat with a fork. Place the meat into a container and chill in the fridge until needed.
 3. Allow the stock to reach room temperature, then cover and chill in the fridge. When chilled, strain the stock through a muslin cloth then freeze overnight in a container.
 4. Dip the sides of the container in hot water for a few seconds to loosen the frozen stock from the sides, then tip the frozen block of stock into a sieve lined with a muslin cloth, placed over a clean bowl. Allow the stock to defrost, until all of the melted stock has dripped through into the bowl, leaving behind any impurities in the cloth.
 5. For the chicken livers, place the chicken livers into a bowl. Cover with the buttermilk and leave to soak, covered, for two hours in the fridge. Drain, then pat dry and set aside until needed.
 6. For the soup garnish, bring the chicken stock to the boil in a clean pan and blanch the courgettes, carrots and spring onions in the stock for 2-3 minutes, or until tender. Add the shredded cooked chicken leg meat, along with the cooked barley, peas and broad beans. Warm through for 4-5 minutes, then remove from the heat and keep warm.
 7. For the soda farls, mix the flour, salt, sugar, bicarbonate of soda and cream of tartar together in a bowl. Make a well in the centre, then pour in the buttermilk and crack in the egg. Mix lightly together, drawing in the dry mixture from the sides, until the mixture comes together to form a dough.
 8. Roll the dough out on a floured work surface until 1cm/0.5in thick and cut into 4cm/1.5in rounds with a pastry cutter and lightly flour both sides.
 9. Brush a frying pan with a little vegetable oil, then fry the soda farl rounds over a low heat for 4-5 minutes on both sides, or until golden and cooked through.
 10. In a separate frying pan, melt the butter until foaming, then fry the cooked soda farls for 2-2 minutes on both sides, or until crisp and golden-brown.
 11. Season the chicken livers with salt and freshly ground black pepper. Melt the butter in a frying pan until foaming, then fry the livers for 2-3 minutes on both sides, or until golden-brown but still slightly pink in the middle. Transfer to a bowl and crush the livers with a fork. Spread the chicken livers onto the toasted soda farls and garnish with the finely chopped parsley.
 12. To serve, bring the chicken soup to the boil. Ladle the soup into

four serving bowls and serve the soda farls with chicken livers on the side.