

PRESSURE *cooking time: 15 minutes*

REGULAR *cooking time: 1 hour*

Essential Chicken Soup

This soup will change your life. I mean it! If there's one thing you get out of this book – please, let it be this. My husband learnt it from his mother Marija, and passed it on to me. Whether it comes from Croatian babas, or Jewish mamas, or just your garden variety Australian mums, this clear chicken soup has been scientifically proven to be good for all sorts of ailments. Scientists can't really figure out why. It just works.

I make this soup at least twice a week. I keep the clear liquid aside to make risotto, chicken noodle soup (for toddlers) and chicken couscous (for babies). I keep some of the chicken meat aside to make chicken salad or curry the next day. But first up, I serve the chicken, vegies and a ladle-full of clear broth as a hearty, classy meal in itself. Great for freezing.

RECIPE INGREDIENTS

6 chicken thighs (more tender than breasts) / 1 onion, whole / 1 carrot, whole / 1 potato, halved / 1 celery stick, whole (if there's one in the fridge) / 1 zucchini, whole / 1 tomato, whole (also not essential but gives a nice flavour and colour) / enough water to fill the pressure cooker up to $\frac{2}{3}$ full / 6–7 whole peppercorns (if they're in the pantry) / 2 tsp salt / 1 tsp powdered chicken stock

Bung it all in the cooker, bring it up to full pressure, then reduce to low heat. Set timer and cook for 15 minutes. Both natural and cold water release are fine.