

Cock-a-Leekie Soup

...a traditional favorite, a staple with healing powers on cold winter nights.

By Julie Wiggers; Carolyn and Elizabeth Rodgers

ingredients:

- 3 ½ lbs. boiler/fryer chicken
- 1 lb. beef shanks
- 6 cups chicken broth
- 3 oz. thick-cut bacon
- 1 tbsp thyme
- 1 bay leaf
- ¾ cup pearl barley
- 1 ½ cup leeks (white part only)
- 2 tbsp parsley leaves
- salt to taste
- black pepper to taste

directions:

- Put chicken, beef, stock, bacon, and thyme, and bay leaf into a large heavy pot and bring to a boil. Reduce heat and simmer, covered, for 30 minutes.
- Meanwhile, boil barley in 1 ½ cups of water for 10 minutes. Drain barley and set aside.
- Remove chicken from the pot. When cool enough to handle, debone and set aside.
- Add leeks and barley to the pot, and simmer for 15 minutes.
- Remove beef shanks and debone. Chop meat coarsely and return to the pot along with the chicken.
- Simmer covered for 6 minutes more. Season with salt and pepper to taste, and garnish with parsley.

