

RECIPE

# Soup for the changing season



No matter how well wrapped you are to fight the oncoming chilly winds, your stuffy nose tells a different tale. Pair that with a dull throb somewhere at the back of your head, you are already reaching for your cold medicines.

This season, instead of that, why not give some cold curing soups a try? Even if the effects are not instantaneous, warm tasty soup never fails to soothe the body!

## COLD CURING CHICKEN SOUP

Well-loved and often termed as the 'world's most popular bird', the chicken soup is a much loved treat to fight off the cold.

### Ingredients

1 chicken, cut into 8-10 pieces (remove skin, leave bone in)  
8 cups of chicken broth  
3 large cloves of garlic, chopped  
1/2 cup chopped onion  
2 carrots, peeled, thinly sliced  
2 celery stalks, sliced  
8 ounces dried wide egg noodles or 1 cup uncooked long-grain rice  
1/2 cup finely chopped fresh parsley  
2 tbsp fresh thyme or 2 teaspoons dried thyme

### Method

Pat chicken parts dry. Season pieces with salt and pepper. Brown chicken parts in a heavy bottomed pan with 1 teaspoon of cooking oil over medium-high heat for about 6-8 minutes, turning once.

Add chicken broth to the pot. Bring to boil. Reduce heat. Cover partially and simmer until chicken is cooked through, about 20 minutes.

Using tongs, transfer chicken to a large bowl. Cool chicken and broth slightly. Discard bones from chicken. Cut or pull apart chicken meat into bite-sized pieces and reserve.

Spoon fat off from the top of chicken broth. Return broth to simmer. Add onion, carrots, celery, and thyme. Simmer until vegetables soften, about 8 minutes. (You can prepare 1 day ahead, but be sure to

store broth and meat separately in the fridge.)

Stir in noodles (or rice), parsley, and reserved chicken. Simmer until noodles are tender, about 5 minutes. If you use rice, simmer until the rice is done. Season soup to taste with salt and pepper. Ladle into soup bowls, and garnish it with parsley if you want.

## SPICY CARROT-COCONUT SOUP

This vegetarian soup packs just the right amount of punch to clear that stuffy nose without compromising taste!

### Ingredients

1/4 cup (1/2 stick) unsalted butter, 1 pound carrots, peeled, chopped



1 medium onion, chopped, Salt and freshly ground black pepper to taste  
2 cups chicken broth, 13 1/2 oz can unsweetened coconut milk  
2 tbsp Thai-style chilli sauce plus more for serving  
Fresh cilantro leaves (for serving)

### Method

Melt butter in a large saucepan over medium-high heat. Add carrots and onion, season with salt and pepper, and cook for 15-20 minutes, stirring often, until carrots are softened. Stir in broth, coconut milk, and 2 tablespoon of chilli sauce. Bring to a boil, reduce heat, and simmer for 40-45 minutes, stirring occasionally, until vegetables are very soft and liquid is slightly reduced.

Let soup cool slightly, then purée in a blender until smooth. Reheat in a clean saucepan, thinning with water to desired consistency; season with salt and pepper. Divide soup among bowls, drizzle with chilli sauce, and top with cilantro.

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