

Dr. Katz's Delicious Chicken Soup



This is one of the best recipes for cancer patients, it is easy to cook and absolutely delicious. Before you start please ensure that you have a large saucepan. This is important as the chicken needs to be placed in the pan first, the vegetables are then added whole so a surprisingly large saucepan is required. Before ordering all of the ingredients, I suggest you look at the following link on Amazon Smile, found [here](#), for an example of the type of pan needed (if purchasing, please use this link to support HNCf).

Ingredients: 1x large chicken, 4x leeks - trim root, leaf and clean, 1/2 celeriac - peeled, 4x potatoes - peeled, 2x white onions - whole and peeled, 4x carrots - whole and peeled, 1x lemon, 2x turnips, 2x chicken stock cubes, 3x bay leaves, salt, nutmeg, butter, pepper, 30ml fresh single cream, 2x tbsp cornflower.

Time to make: Preparation time: 15minutes. Cooking time: 60minutes

Method: First, place the chicken in a large pan and fill it with cold water to cover the chicken. Ensure that it remains covered throughout cooking. Add three large pinches of salt and two chicken stock cubes and turn on the heat, bringing the pan to a boil. Once boiling, remove any froth that appears on the surface of the water.

Next, add the carrots, celeriac, potatoes, turnips and leeks to the pan, but do not cut them up. Insert four cloves into each onion and add them to the pan. Then add a teaspoon of lemon juice and allow the pan to simmer for 45 minutes. Whilst the pan simmers, continue to skim any froth from the water.

After 45 minutes, check that the chicken is cooked by using a carving fork. If there is no blood, then it is ready to be removed. Put the chicken aside and cover it in tin foil to retain heat. Then remove the vegetables and set them aside.

Take a medium-sized saucepan and add half of the liquid from the large pan into this saucepan, along with some grated nutmeg.

For the patient's meal: Cut off one breast from the chicken. Take the breast and a carrot, a potato, a turnip, some celeriac and part of a leek and place this all in a blender (do not add an onion). Add three to four ladles of the liquid from the large pan and blend. Set aside the patient's soup and re-heat after finishing the family meal.

For the family's meal: Add 30ml cream and some pepper to the medium-sized pan. Then, put two tablespoons of cornflower and some cold water in a glass. Stir this and then add it to the medium-sized pan. Add the vegetables (except the onion, which can be binned) to the smaller pan and leave this to simmer for 10-15 minutes. This will be the sauce for the chicken.

Finally, carve the chicken, remove the vegetables from the pan and serve. Pour the sauce over the meal and serve.