

## **Poule au Pot d'Henri Soulé**

Prep time - approx 20-30 minutes 4 servings, more or less

Cook time - approx 45- 55 minutes

3lb chicken

3 carrots, scraped, quartered and cut into 1 ½ " lengths

3 ribs celery, trimmed, split lengthwise, and cut into 1 ½" lengths

2 or 3 turnips, about ½ pound, trimmed and cut into pieces about the same size as above

1 C leeks, quartered lengthwise and cut into 1 ½" lengths

1 zucchini, trimmed, quartered, etc etc

6 C fresh or canned chicken broth

1/4 C rice

Salt and freshly ground pepper to taste

1. Truss the chicken and place in a kettle or small stock pot. It should fit snugly or else too much liquid must be added and the soup will be weak and watery. Cover with water, add the carrots, celery, turnips, leeks and zucchini. Bring to a full boil, then drain well.

2. Return the chicken to kettle and add the chicken broth. Add all the vegetables except the zucchini; simmer 20 minutes. Add the zucchini and simmer 5 minutes longer.

3. Add the rice, salt and pepper; cook until it is tender - about 10 minutes.

4. Remove and untruss the chicken. Cut into serving pieces and serve in four hot soup bowls with equal amounts of vegetables and rice in each bowl.

(Ed. Note: The zucchini may be left out, it mainly adds color. The chicken can be stripped off the bones and added back in bite size pieces, rather than "serving" pieces, which to me means large pieces such as drumsticks, etc. According to the book, this soup was prepared by the author and brought to President Kennedy when he had a cold.)

Source: "60 Minute Gourmet"