

Cock a Leekie Soup

Nancy Diamond

2 / lbs frying chickens, cut up

4 cups water

1 medium carrot, sliced

1 stalk celery, sliced

salt/pepper to taste

1/2 cup barley (quick cooking fine)

2 to three cups leeks, with tops (sliced and cleaned very well)

Combine first 5 ingredients and 2 cups leeks; bring to a boil, turn down heat and simmer for an hour or until chicken thoroughly cooked. Remove chicken, skin, bone, cut chicken into 1 inch by 1 inch pieces (or whatever suits you), return to broth. (Can refrigerate overnight and skim off fat and then continue.) Add barley and rest of leeks; cook until leeks and barley done. You can add more water or broth if needed.