

CHICKEN AND CORN SOUP

(Jennifer Mendes)

Ingredients

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|-------------------------------|---------------------------------|
| 1 cup shredded cooked chicken | 2 tbsp flour |
| 2" piece fresh ginger, peeled | 2 spring onions, finely chopped |
| 1 small can of creamed corn | ½ teaspoon margarine |
| 6 cups chicken stock | Salt and pepper |
| ¼ cup corn flour | |

Ingredients for chicken stock

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|------------------|-------------------|
| 2 chicken legs | 1 chicken cube |
| 1 onion chopped | 1 bay leaf |
| 1 tomato chopped | 8-10 peppercorns |
| 1 carrot chopped | A drop of vinegar |
| 1 celery sticks | |

Method:

- ❖ Put all the ingredients for the stock in a pan and bring to a boil for ½ hour. Cool.
- ❖ Remove the chicken meat and keep aside. Mash the onions, tomatoes, carrots and then strain the broth through a fine sieve. Discard solids.
- ❖ Heat a pan on the stove and add the butter/ margarine, add flour and stock. After one boil add in the chicken and corn. Simmer mixture uncovered for 5 minutes.
- ❖ Combine corn flour and water in a small bowl and mix to a smooth paste. Add to the pan, stirring until soup mixture thickens. Add spring onions, salt and pepper to taste

Instead of making the chicken stock, one can use the ones from the grocery store too.