

Dr. Katz's Chicken Bouillon and Beef Soup



HEAD & NECK
CANCER FOUNDATION



Utensils: large saucepan (7-10x litres), sieve, wooden spoon, skim spoon, carving fork.

Ingredients: 2x leeks, 4x carrots, 1/2 a celeriac, 1x large potato, 2x turnips, 1x stick of celery, 2x chicken legs, 1x chicken breast, 1x cheek of beef (whole, not chopped), salt, 1x chicken stock cube.

For the beef soup: 100g of high-quality minced beef.

Time to make: 2.5x to 3x hours.

Method:

Put 4x litres of cold water into the pan and add the cheek of beef before turning the heat on. Do not cut up the beef and do not pre-heat the water as this will make the meat shrink and go hard.

Add 2x pinches of salt and 1x chicken stock cube. Bring to a boil with the saucepan lid placed half way over the pan. Wait about 15x minutes and then skim off the bubbles from the top of the water.

Wash all of the vegetables and chop the celeriac, turnips and potatoes. The carrots and leeks should be left whole.

Keep removing the foam until the liquid is clear. After about 70x minutes or more (about 60x from bringing the water to a simmer) there should be about 5x litres of liquid left in the saucepan, if less than 5x litres, add more water. The beef should now feel tender, at which point add the whole chicken legs and breast to the saucepan.

After a further 10-15x minutes add all the vegetables and allow to simmer for 20-30x minutes, with the lid still partially on to allow evaporation.

Now remove everything from the pan. Keep the meat and vegetables for use in future recipes, leave only the liquid in the pan which is the 'bouillon'.

You can now drink the bouillon, it will smell and taste delicious!

Cancer patient-friendly beef soup:

Place the minced beef into a bowl and pour the hot bouillon onto it, the meat will be cooked in just about 10x seconds. This works well with high-quality beef burgers.

The remaining bouillon can be frozen in containers and used as the basis for other dishes.