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by Liz Robb

Simple turkey soup



Ingredients

For the stock:
Turkey bones or carcass
2.5 litres of cold water
1 carrot
1 onion
1 stick of celery
The outside leaves from the leeks
Black peppercorns
A few bay leaves
For the soup:
Reserved turkey meat
3 carrots
2 onions
2 sticks of celery
2 leeks
Olive oil
A knob of butter
2-3 chicken stock cubes
A large handful of green beans
Fresh parsley
Salt and freshly milled black pepper

Preparation

1. 1. Take off any easily removed meat from the turkey bones, chop into small pieces and reserve in the fridge, along with any other scraps of leftover turkey meat. [You may want to keep some of the larger pieces for sandwiches or salads if you have plenty.] Place the bones into a large saucepan and add 2.5 litres of cold water.
2. If using a whole carcass, cut into pieces so that the water covers it.
3. 2. Wash and roughly chop the carrot and celery, peel and quarter the onion and take off the outer leaves of 2 leeks, then put them all in the saucepan. Add a sprinkling of black peppercorns and a few bay leaves then bring to the boil. Skim off any scum from the top of the pan and simmer, skimming occasionally, for about 90 minutes.
4. 3. Lift out the bones and discard them after taking off the meat. Pour the stock through a sieve into a bowl and discard everything except the meat. Leave the strained stock to cool for a while, then skim off any fat from the top.
5. 4. Peel and thinly slice the carrots and onions. Wash and thinly slice the celery and the leeks. Sauté the vegetables gently in a tablespoon of olive oil and a knob of butter in a large saucepan for 5-10 minutes.

6 5. Dissolve 2 chicken stock cubes in a litre of hot water and add it to the pan, along with the homemade stock. Add the reserved pieces of turkey, season well with salt and lots of black pepper and simmer for 40 minutes.

7 6. Trim and halve the green beans, chop the parsley and add to the soup. Cook for a further 5 minutes then check the seasoning before serving.

8 We love to eat bowls of this soup with slices of freshly baked white bread to tear up and dip in!

Cooks Note

This simple tasty turkey soup, using a flavoursome stock made from leftover turkey, is a firm family favourite after Christmas, and is gentle on your stomach after an abundance of rich food. It takes some time to make but not too much effort, and the results really are worth it!

The amounts of liquids, vegetables and stock cubes are variable, depending on the size or quantity of the turkey carcass or bones that you wish to use. I used just the wings and legs of a very large turkey, but many people like to use the whole carcass to make the stock.