

MORSELS AND MORE

CHICKEN SOUP FOR A GROUP

- Needs; chicken; rotisserie works well with large chunks removed from the bone
- 2 carrots; precooked to almost soft
- 2 celery ribs
- 2 small leeks, cut the white and light green portion only
- 1 clove garlic; mashed and diced
- Small box of pearled barley
- Chicken stock
- Parmesan cheese, chunk form
- Rustic bread to serve with soup
- Olive oil, salt and pepper, margarine

All participants are given gloves, hair nets, cutting boards, and knives. Small bowls are placed around the table, one for scraps and another for the diced veggies.

Present each participant with a vegetable or meat to be diced. As they cut the veggies and chicken, heat 2 T. of olive oil in a Dutch oven. Add the celery first and cook for several minutes. Then add the leeks, garlic, and carrots. Season with salt and pepper. Cover and cook.

Give the bread loaf to a participant to cut into slices. Deal out the slices to others along with some margarine and butter knives and ask that they butter the bread. Another participant can shred the cheese.

Add 1 $\frac{3}{4}$ cups barley to the Dutch oven and toast for several minutes. Then add 6 cups chicken stock and 1 cup water. (I heat these first in a second sauce pan to reduce cooking time.) Place the chicken in the pan, bring to a boil, then cover and simmer until thick; 15-20 minutes.

Ask participants to remove gloves, hairnets, and any scraps around their work space. Clean up the cutting boards and knives and set the table with napkins, bowls, spoons, and cups.

I like to serve from the table so participants can see the beautiful dish they have created and smell its wonderful aroma. Ladle soup into the bowls and top with shredded parmesan. Serve with bread and a drink; cold water or coffee.

The point of the activity is to give individuals a familiar task in creating a dish they can enjoy. Items are purchased in bulk (cheese & garlic for example) so there are more tasks required; everyone wants something to DO in the creation of something good. Plan for plenty of time because most participants will be a bit slow.