



FRANKO'S FAVORITES

Sister Mary's Famous Chicken Soup

Use one whole chicken, quartered, about 4 or 5 lbs. at least OR 2 whole chicken breasts, bone in, 2 whole legs and a few chicken backs. Wash chicken, cut off any excess fat. Place in large pot containing 4 to 4 ½ quarts of water. Bring to boil. Scim off scum with a fine strainer till top is clear. Cover, turn down heat, simmer for half hour. Then add: 1 Tbsp. salt, ½ med. green pepper, 2 carrots, 1 rib celery and some leaves, 1 med. onion stuck with 2 cloves, 6 peppercorns, 6 whole allspice, 2 bay leaves crumbled. Then simmer for 1 hour stirring occasionally. Then add 5 sprigs of flat leaf parsley and a dash of ground tumeric. Simmer for ½ hour. Remove from heat and take out meat and vegetables. Strain through fine sieve. Serve hot over haluski noodles or squares. When meat is cool, pick off bones and use meat in casseroles, sandwiches or with salad for lunch. Discard onion, pepper and celery, but cut up carrots to put on the noddles.