

Jewish Chicken Soup

Oscar · 28/09/2024



Prep Time

4 hrs 30 mins

Difficult

Medium

Servings

8

Description

This traditional Jewish chicken soup is good for anything that ails you. It's the absolute best when you've got the flu and it's great on the second and third day. This recipe was passed down from my great-grandmother who needed to make the matzo balls as heavy as possible to feed a hungry family. You can cut the matzo meal by 1/2 cup to lighten the load.

Ingredients

- 1 whole chicken - 2 quarts cold water
- or as needed - 8 medium carrots
- peeled and sliced - 2 stalks celery
- chopped - 1 parsnip
- chopped (Optional) - 1 medium yellow onion
- chopped - 1 bunch fresh dill weed
- chopped - salt and pepper to taste - 3 cloves garlic
- crushed - 2 1/2 cups matzo meal - 6 large eggs - 6 tablespoons vegetable oil - 2 teaspoons salt
- or to taste

Instructions

1. Place chicken
2. breast-side down
3. into a large pot; fill with enough cold water to reach about 3 inches from top of the pot. Add carrots
4. celery
5. parsnip
6. onion
7. dill
8. salt
9. and pepper. Bring to a simmer over medium heat
10. and cook
11. partially covered for 2 hours. Do not let the soup boil. Skim any fat from the top of the soup. Add garlic
12. partially cover
13. and simmer for another 2 hours. Mix matzo meal
14. eggs
15. oil
16. 2 teaspoons salt
17. and 1/4 cup of broth from the soup together in a medium bowl. Refrigerate until set
18. about 20 minutes. Bring a separate pot of water to a rolling boil. Roll matzo mixture into about 16 balls. Wet your hands to keep the dough from sticking to them. Drop matzoh balls into boiling water
19. cover
20. and cook for about 35 minutes. Meanwhile
21. remove chicken from soup; remove the bones and skin and cut or shred into pieces. Strain broth
22. reserving vegetables. Return broth to the pot; add chicken and vegetables (or reserve for another use). Remove matzo balls from boiling water using a slotted spoon; add to soup. Allrecipes Magazine