



Chicken Soup

 Dairy Free

READY IN



200 min.

SERVINGS



4

CALORIES



980 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 carrots peeled
- 1 rib celery
- 1 eggs
- 0.5 cup matzo meal
- 1 onion unpeeled halved
- 3 stalks parsley
- 9 servings peppercorns

- 2 small roasting chickens boiling
- 1 tablespoon salt
- 1 pinch salt and a grind of pepper
- 2 tablespoons schmaltz melted
- 3 tablespoons soup stock

Equipment

- bowl
- ladle
- whisk
- pot

Directions

- Put all the ingredients, except the matzo balls, in a large stockpot, cover abundantly with water, and bring to a boil. Skim to remove all the gray scum that will float to the surface, then let cook at a simmer for about 3 hours. Just keep tasting: when the broth tastes golden and chickeny, it's ready.
- Remove the chicken and, if you like, leave the soup to get cold so you can remove any fat that collects on the surface. That way you can accrue some schmaltz, too.
- Reheat the stock, and serve it as a plain soup, or add a few carrot sticks – from about 2 carrots, say – and cook in the soup, adding some torn-up pieces of chicken to warm through at the end. I like to add freshly chopped parsley. (You can also cook the Matzo Balls in the soup as well while it's heating up again.)
- Whisk the egg in a large-ish bowl, then whisk in the melted schmaltz (or whatever). Carry on whisking as you add the water or soup stock, the matzo meal and salt and pepper, and mix together into a rough paste; if it's too stiff to feel that it might be malleable later, add a little more water. Put in the refrigerator to chill for 1 hour (or leave overnight if you wish) then dip out small lumps of paste and roll them into walnut-sized balls between the palms of your hands. Cook the dumplings in boiling, salted water and simmer for about 40 minutes (you can just cook them directly in the soup, but I'll do anything to preserve its unstarchy clearness). They are cooked when they rise to the surface.
- Add to the soup, and ladle out generously into waiting bowls.

Nutrition Facts

PROTEIN 28.81% FAT 61.81% CARBS 9.38%

Properties

Glycemic Index:53.71, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:37.124782178713%

Flavonoids

Apigenin: 1.9mg, Apigenin: 1.9mg, Apigenin: 1.9mg, Apigenin: 1.9mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 979.94kcal (49%), Fat: 66.15g (101.77%), Saturated Fat: 18.45g (115.3%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 19.97g (7.26%), Sugar: 2.95g (3.28%), Cholesterol: 369.26mg (123.09%), Sodium: 2174.89mg (94.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.36g (138.72%), Vitamin A: 8771.6IU (175.43%), Vitamin B3: 25.63mg (128.14%), Selenium: 54.45µg (77.78%), Phosphorus: 694.02mg (69.4%), Vitamin B6: 1.35mg (67.59%), Vitamin B12: 3.88µg (64.74%), Vitamin B2: 0.79mg (46.62%), Vitamin B5: 4.32mg (43.19%), Iron: 6.45mg (35.81%), Zinc: 5.32mg (35.48%), Folate: 123.71µg (30.93%), Manganese: 0.61mg (30.3%), Potassium: 984.46mg (28.13%), Magnesium: 90.28mg (22.57%), Vitamin B1: 0.34mg (22.4%), Vitamin K: 23.13µg (22.03%), Vitamin C: 14.34mg (17.38%), Copper: 0.31mg (15.4%), Fiber: 2.61g (10.45%), Calcium: 81.61mg (8.16%), Vitamin E: 0.61mg (4.04%), Vitamin D: 0.22µg (1.47%)