



Chicken Soup with Asparagus and Shiitakes, Served with Roasted Fennel Matzoh Balls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 asparagus trimmed cut into 1-inch pieces thin
- ☐ 7 cups chicken broth homemade
- ☐ 2 large eggs
- ☐ 2 small fennel bulb (with 2 inches of top stalks)
- ☐ 0.3 teaspoon fennel seeds (with a mortar and pestle)
- ☐ 0.3 pound mushroom caps (fresh with a damp paper towel and thinly sliced for another use or discarded, caps wiped clean)
- ☐ 0.8 teaspoon thyme sprigs (fresh chopped)

- ☐ 1 tablespoon garlic coarsely chopped
- ☐ 0.5 cup matzo meal
- ☐ 2 tablespoons olive oil
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup chicken broth low-sodium homemade

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander
- ☐ skimmer

Directions

- ☐ Prepare the matzoh balls: Preheat the oven to 400°F.
- ☐ Cut off the fennel stalks and reserve for another use (excellent for fish broths and stews). If there are some attractive feathery fronds, set aside about 2 tablespoons of them to garnish the soup. Quarter the bulbs and trim away the stems, the bottom hard core, and any tough parts. Choose a shallow baking pan just large enough to fit the fennel in one layer and put in 1 tablespoon of the oil.
- ☐ Add the fennel and toss until well coated. Roast the fennel until pale gold, about 20 minutes, then turn the fennel over and roast for 10 minutes longer. Stir in the broth, garlic, salt and pepper to taste, and 1/2 teaspoon of the thyme. Cover the pan with foil and cook for 35 to 45

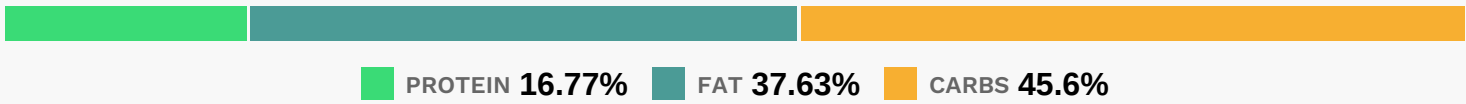
minutes longer, or until the fennel is very soft.

- ☐ Remove the foil, stir, and roast for a few more minutes to evaporate most of the liquid.
- ☐ Transfer the fennel and garlic to a food processor and chop coarsely.
- ☐ Add the remaining 1/4 teaspoon of thyme, salt (it will need about 1 teaspoon), pepper to taste, and the fennel seeds, if using. With the machine on, add the remaining 1 tablespoon oil through the feed tube.
- ☐ Scrape the mixture into a large bowl. You need 1 cup of puree, so nosh on any extra.
- ☐ Whisk in the eggs, one at a time.
- ☐ Add the matzoh meal and stir well. If you can form a lump into a very soft walnut-size ball (the batter will become firmer when you chill it), don't add any more matzoh meal. If necessary, add just enough matzoh meal to enable you to do so. Refrigerate for at least 2 or up to 4 hours so the matzoh meal can drink in the liquid and seasoning.
- ☐ When ready to cook, bring 4 quarts water and 1 tablespoon of salt to a rapid boil in a large, wide, lidded pot. Dipping your hands into cold water if needed, roll the batter into walnut-size balls. When all the balls are rolled and the water is boiling furiously, turn the heat down to a gentle boil. Carefully slide in the balls one at a time and cover the pot tightly.
- ☐ Turn the heat down to a simmer, and cook over low heat for 30 minutes, without removing the cover. (They will cook by direct heat as well as by steam, which makes them puff and swell, and lifting the lid will allow some of that steam to escape.) Take out a dumpling and cut it in half. It should be light, fluffy and completely cooked through. If it isn't, continue cooking a few more minutes.
- ☐ Remove the balls gently with a skimmer or large slotted spoon—they are too fragile to pour into a colander.
- ☐ When the matzoh balls are almost ready, start the soup: Bring the broth to a simmer in a large pot.
- ☐ Add the matzoh balls, the mushrooms, and asparagus and simmer for about 5 minutes, until the vegetables are tender.
- ☐ Using a slotted spoon, transfer the matzoh balls to shallow soup bowls and ladle the hot soup and the vegetables over them.
- ☐ Garnish with the reserved chopped fennel fronds.
- ☐ You can cook the matzoh balls up to 2 to 3 hours in advance.
- ☐ Drain them and cover with some broth to keep them moist before setting them aside until you are ready to reheat them. Experiment making matzoh balls with a puree of other

vegetables, like beets, carrots, leeks, mushrooms, or shallots. Roasted vegetables absorb less moisture than boiled or steamed ones (and therefore require less matzoh meal, making them lighter). They are also more flavorful.

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Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:10.360434749852%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 126.5kcal (6.32%), Fat: 5.51g (8.48%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 11.99g (4.36%), Sugar: 4.12g (4.57%), Cholesterol: 50.91mg (16.97%), Sodium: 867.62mg (37.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin K: 49.07µg (46.74%), Manganese: 0.38mg (19.04%), Vitamin B2: 0.3mg (17.55%), Selenium: 9.86µg (14.09%), Fiber: 3.03g (12.13%), Potassium: 408.04mg (11.66%), Vitamin C: 8.99mg (10.9%), Phosphorus: 101.15mg (10.11%), Vitamin B3: 2.01mg (10.03%), Iron: 1.74mg (9.66%), Folate: 37.61µg (9.4%), Vitamin E: 1.34mg (8.94%), Vitamin B1: 0.13mg (8.66%), Copper: 0.16mg (7.87%), Vitamin A: 341.37IU (6.83%), Vitamin B6: 0.14mg (6.79%), Vitamin B5: 0.67mg (6.72%), Magnesium: 22.99mg (5.75%), Calcium: 55.45mg (5.55%), Zinc: 0.79mg (5.24%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.31µg (2.04%)