



Leek and Ginger Matzo Balls in Lemongrass Consommé

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 celery stalks cut into 3-inch pieces
- ☐ 0.3 cup cooking fat cooled melted (reserved from consommé or purchased)
- ☐ 7.5 pound roasting chickens quartered
- ☐ 2 tablespoons chicken broth
- ☐ 1.5 teaspoons kosher salt
- ☐ 4 large eggs

- ☐ 6 servings chives fresh chopped
- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 2 garlic clove peeled halved
- ☐ 1 inch ginger fresh peeled halved
- ☐ 0.3 cup leek white green finely chopped (and pale parts only)
- ☐ 6 inch leek white green halved lengthwise (and pale parts only)
- ☐ 1 tablespoon juice of lemon fresh ()
- ☐ 4 lemon grass whole halved lengthwise cut into 3-inch pieces
- ☐ 1 strips lime zest with vegetable peeler
- ☐ 1 cup matzo meal unsalted
- ☐ 0.5 large onion white

Equipment

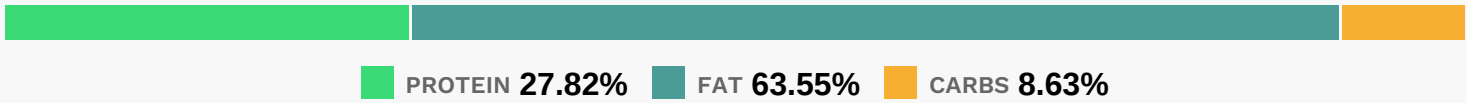
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Place chicken in extra-large pot.
- ☐ Add next 7 ingredients, then enough cold water to cover (about 18 cups). Bring to boil over medium-high heat. Reduce heat to medium-low and simmer soup 2 hours, skimming impurities from surface.
- ☐ Let stand 30 minutes. Strain consommé into large saucepan. Boil until reduced to 8 cups, if necessary.
- ☐ Add 1 tablespoon lemon juice; season with salt and pepper. DO AHEAD: Can be made 2 days ahead. Chill uncovered until cold, then cover and keep chilled (fat will form solid layer on top).
- ☐ Whisk 4 eggs in medium bowl.
- ☐ Mix in leek, chicken fat, broth, coarse salt, ginger, and pepper. Stir in matzo meal. Cover; chill at least 4 hours.
- ☐ Using wet hands, shape generous 2 tablespoons matzo mixture into balls.

- ☐ Place on sheet of foil. Bring large pot of salted water to boil over high heat. Drop in matzo balls; cover pot. Reduce heat to low; simmer until matzo balls are cooked through, about 1 hour 10 minutes. Using slotted spoon, transfer matzo balls in single layer to shallow dish. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Rewarm consommé.
- ☐ Add more lemon juice by teaspoonfuls, if desired.
- ☐ Add matzo balls; simmer to reheat, 5 to 10 minutes. Divide matzo balls and consommé among 6 bowls.
- ☐ Garnish with chopped chives.
- ☐ A fragrant white wine would be great with the consommé. We like the Yarden 2007 Gewürztraminer, a kosher wine made in Israel (\$18).
- ☐ Per serving: 261.4 kcal calories,
- ☐ 7 % calories from fat, 15.6 g fat,
- ☐ 0 g saturated fat,
- ☐ 1 mg cholesterol,
- ☐ 7 g carbohydrates,
- ☐ 1 g total sugars,
- ☐ 9 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:38.485217716383%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 1140.98kcal (57.05%), Fat: 78.95g (121.46%), Saturated Fat: 22.76g (142.27%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 22.97g (8.35%), Sugar: 1.17g (1.31%), Cholesterol: 489.74mg (163.25%), Sodium: 936.54mg (40.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.76g (155.51%), Vitamin B3: 27.66mg (138.29%), Selenium: 67.23µg (96.05%), Phosphorus: 782.74mg (78.27%), Vitamin A: 3844.53IU (76.89%), Vitamin B12: 4.4µg (73.26%), Vitamin B6: 1.46mg (73.08%), Vitamin B2: 0.95mg (55.59%), Vitamin B5: 4.88mg (48.8%), Iron: 7.51mg (41.7%), Zinc: 6.02mg (40.15%), Folate: 139.17µg (34.79%), Potassium: 960.02mg (27.43%), Manganese: 0.53mg (26.53%), Vitamin B1: 0.37mg (24.36%), Magnesium: 95.55mg (23.89%), Vitamin C: 13.92mg (16.87%), Copper: 0.32mg (15.98%), Vitamin D: 1.21µg (8.09%), Calcium: 76.94mg (7.69%), Vitamin K: 6.31µg (6.01%), Vitamin E: 0.76mg (5.07%), Fiber: 1.17g (4.66%)