



Spring Chicken Soup with Matzoh Balls

 Dairy Free

READY IN



300 min.

SERVINGS



10

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 peppercorns black
- ☐ 1 pound carrots cut into thirds
- ☐ 2 rib celery stalks cut into thirds
- ☐ 4 pound chicken (giblets and liver removed)
- ☐ 0.5 cup chicken broth (reserved from recipe below)
- ☐ 10 servings optional: dill for garnish
- ☐ 15 optional: dill fresh
- ☐ 4 large eggs separated

- ☐ 0.3 cup flat parsley finely chopped
- ☐ 15 parsley fresh
- ☐ 3 tablespoons optional: dill fresh finely chopped
- ☐ 1 small head garlic halved
- ☐ 0.3 cup ginger fresh unpeeled scrubbed sliced (but skin)
- ☐ 1 tablespoon kosher salt
- ☐ 1.5 pounds leek dark green halved lengthwise
- ☐ 1 cup matzo meal
- ☐ 3 tablespoons cooking fat
- ☐ 4 quarts water cold

Equipment

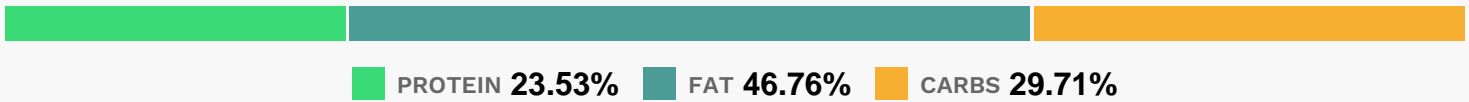
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ cutting board

Directions

- ☐ Wash leeks in a bowl of cold water, agitating them to remove all sand and grit, then lift out and transfer to an 8-quart stockpot.
- ☐ Add all remaining broth ingredients to pot and bring to a boil over medium heat.
- ☐ Reduce heat and simmer, uncovered, skimming foam occasionally, 3 hours.
- ☐ Stir together matzoh meal, parsley, dill, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper in a bowl.
- ☐ Work rendered chicken fat into mixture with your fingers until incorporated, then stir in 1/2 cup broth from chicken and yolks.
- ☐ Mixture will be stiff.
- ☐ Beat egg whites with a pinch of salt in another bowl until they just form soft peaks.

- ☐ Stir one-third of egg whites into matzoh mixture to lighten, and then fold in remaining whites gently but thoroughly. Chill, covered, 30 minutes. If after chilled, matzoh is still not firm, add 1 tablespoon additional matzoh meal.
- ☐ Transfer chicken from broth to a cutting board to cool. When cool enough to handle, tear chicken into shreds, discarding skin and bones.
- ☐ Remove carrots from broth and once cool, cut into 1/2-inch pieces.
- ☐ Line a large sieve with a double layer of dampened paper towels.
- ☐ Pour broth through sieve into a 5-to 6-quart pot, pressing hard on and discarding solids. Return broth to a simmer.
- ☐ With dampened hands, gently form chilled matzoh mixture into roughly 1-inch balls, gently dropping them into simmering soup as formed (this should yield about 20 matzoh balls; moisten hands as necessary to prevent sticking).
- ☐ Simmer matzoh balls, covered, until just cooked through, about 45 minutes (To test: Halve one matzoh ball. It should have a uniformly moist interior; if uncooked, it will be dry in the center).
- ☐ Stir carrots and chicken into hot soup to warm through before serving.
- ☐ Garnish with dill sprigs.
- ☐ •Soup (with matzoh balls) can be made 3 days ahead and chilled, uncovered, until completely cooled, then cover.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:4.54, Inflammation Score:-10, Nutrition Score:24.270869483118%

Flavonoids

Apigenin: 7.55mg, Apigenin: 7.55mg, Apigenin: 7.55mg, Apigenin: 7.55mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 375.57kcal (18.78%), Fat: 19.47g (29.96%), Saturated Fat: 5.62g (35.09%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 24.62g (8.95%), Sugar: 5.08g (5.65%), Cholesterol: 143.22mg (47.74%), Sodium: 898.52mg (39.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.1%), Vitamin A: 9371.48IU (187.43%), Vitamin K: 97.08µg (92.46%), Vitamin B3: 7.34mg (36.72%), Selenium: 25.06µg (35.8%), Vitamin B6: 0.62mg (31.14%), Manganese: 0.61mg (30.47%), Vitamin C: 19.39mg (23.5%), Phosphorus: 229.02mg (22.9%), Iron: 3.56mg (19.8%), Folate: 77.6µg (19.4%), Vitamin B2: 0.3mg (17.84%), Potassium: 536.46mg (15.33%), Vitamin B5: 1.43mg (14.27%), Magnesium: 56.73mg (14.18%), Vitamin B1: 0.2mg (13.22%), Fiber: 3.22g (12.89%), Copper: 0.25mg (12.73%), Zinc: 1.83mg (12.2%), Calcium: 104.57mg (10.46%), Vitamin E: 1.55mg (10.35%), Vitamin B12: 0.45µg (7.51%), Vitamin D: 0.76µg (5.06%)