

Cleveland County Kitchen
May 2020
Food of the Month – Chicken
Chicken Soup
Chef – Corey Steele



Ingredients

For the Soup:

- 1 *whole Amish chicken or cut up chicken pieces with skin-on
- 6 or 7 medium carrots peeled and cut in half
- 2 large onions peeled and cut in half
- 1 bunch dill washed
- 1 bunch parsley washed
- 3-4 parsley roots peeled and cut in half if large
- 1 tablespoon black peppercorns
- Kosher salt

For the Matzo Balls:

- 1 cup matzo meal
- 4 eggs
- 1 tsp. baking powder
- ¼ tsp. salt
- 1/3 tsp. pepper
- 3 tablespoons melted schmaltz or vegetable oil or chicken fat
- 1 tsp. minced fresh dill
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Instructions

1. Wash hands with soap and water.
2. Proceed to Step 3.
* [Wash out your chicken and place it in the stockpot] ***Food Safety Update:** Washing chicken is Not Recommended. There was a time when you had to wash chicken because it was freshly slaughtered. Today's chickens have been washed several times at the packing plant and it is Not Necessary to do this step. The food safety concern is when you wash commercially obtained chickens, you are spreading dangerous microbes that cause foodborne illness around your kitchen.
3. Place chicken in a stockpot or large pot and cover completely with COLD water. Simmer on the stove for about 1 hour. You are going to notice the scum start to come up. I let it simmer away for about 25 more minutes.
***Food Safety Update:** Check for doneness towards the end of the cooking time but before you expect it to be “done”. Following these instructions: insert an instant-read thermometer in the thickest part of the food, not touching bone, fat, or gristle. Measure in several places to make sure food is heated evenly. Compare to the USDA Recommended Safe Minimum Internal Temperatures chart – **Chicken: 165 degrees F**. Clean thermometer with hot, soapy water before and after each use.

4. In the meantime, prep your carrots and parsley root. I like to get carrots with the greenery still attached to them. Same with your parsley root.
5. Don't forget to clean two onions as well.
6. And then I use an unorthodox approach. I dump the broth out into a large colander so we can start fresh with a new broth. This is how Asian broths are so nice and clear.
7. Make sure to rinse the chicken and the pot of all of the scum.
8. And now we place all the veggies, parsley, dill, chicken, salt and pepper into the pot. Cover it again with cold water and let it simmer medium-low for about 2 hours.
9. In the meantime, let's make our matzo balls.
10. Combine all the ingredients for your matzo balls in a large bowl. I like to add dill to mine to increase the flavor and the color.
11. Mix it all up with a spoon until it's nice and smooth. Place this mixture into the fridge for 20 minutes. Bring a pot of salted water to a boil on the stove.
12. I like to use a little ice cream scooper to scoop them into my hand and then roll the balls out.
13. Then place them on a plate.
14. Now for me, the secret to fluffy matzo balls also has a lot to do with how long you cook them. If you want a dense and heavy matzo ball, cook it for 25 minutes. If you are going for airy and light floaters, you are going to want to boil them for 35-40 minutes.
15. Drop them into the simmering pot of water carefully, one by one.
16. Turn it down to a simmer. Cover. Let cook for 35-40 minutes. Once they are finished, you can serve them immediately with the soup or you can cool them completely then place them in another container in the refrigerator.
17. Now back to our chicken soup. Taste it and adjust seasonings as needed. Make sure it's as sweet as you want it and add salt if needed.
18. There we go...golden. Beautiful and delicious. If you want to skim the fat off some, the easiest way is to place it in the fridge and let the fat solidify overnight. Then you can go ahead and just remove the fat solids. I like to leave the fat in.
19. Serve the soup with a matzo ball or two, some of the veggies, some meat on the side and a nice sprinkling of dill.

Notes:

Obviously freezing the chicken soup is super easy - but did you know you can freeze the matzo balls too? Just roll them out and lay them on parchment paper and freeze! Then you can put them in a zip lock bag so they do not take up much room in your freezer. Once you are ready to cook them, just cook them up like you would ordinarily. They are ready for you once they are light and fluffy and float to the top.

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