

JEWISH PENICILLIN GRANDMA'S CHICKEN SOUP

#chickensoupchallenge

"I'm sure every Jewish family has its own version of this absolutely classic feel-better soup. If someone around you is feeling a bit under the weather, make a big batch of chicken soup for them and you'll be their favourite person - you just can't beat a feel-better chicken soup recipe. Heaven in a bowl." Jamie Oliver

This recipe makes 10 portions

Ingredients

Soup

- 1 x 2.5 kg free-range chicken
- 3 medium onions, peeled and roughly chopped
- 3 carrots, peeled and roughly chopped
- 3 sticks of celery, trimmed and roughly chopped
- 4 cloves of garlic, peeled
- 4 fresh bay leaves
- A few sprigs of fresh thyme
- 2 handfuls of Jewish fine egg noodles or spaghetti, broken into bits
- 1 small bunch of fresh flat-leaf parsley
- 1 small bunch of fresh dill

Matzo Balls

- 4 large free-range eggs
- 4 tablespoons chicken fat
- ½ teaspoon freshly ground black pepper
- 130 g matzo meal (or matzo crackers, blitzed to a fine powder)

Method

1. Rinse your chicken in cold water, pat it dry with kitchen paper and put it into your biggest pot. Cover with cold water to come about 8 to 10cm above the chicken. Bring to the boil, then turn the heat down and simmer for 30 minutes. Skim the froth off the top of the chicken.
2. Add the chopped veg, garlic cloves, bay leaves and thyme sprigs, and season with a good pinch of sea salt. Bring everything back to the boil, then turn the heat down and leave it to simmer for 1 hour. Carry on skimming the broth, reserving 4 tablespoons of this fat for your matzo balls.
3. To make your matzo balls, beat the eggs in a large bowl and add 70ml of cold water, your cooled chicken fat and 1 teaspoon of salt and ½ a teaspoon of freshly ground black pepper. Beat again, then slowly stir in your matzo meal until well blended. Leave, covered with clingfilm, in the fridge for 30 minutes, then wet your hands with cold water and roll the dough into about 20 small balls. Don't roll them too big because they'll double in size when you cook them.
4. When the soup has had its hour and a half, use tongs to carefully transfer the chicken to a roasting pan. Leave to cool, uncovered, for a few minutes. Remove the soup from the heat and strain it through your biggest sieve or colander. Pull out the decent-looking bits of veg and put these back into the soup, getting rid of anything else. Put the pan back on a medium heat and bring back to the boil, then add your matzo balls. Put a lid on the pan, turn the heat down a bit and simmer for 20 minutes, until the balls are light and puffy. Halfway through the 20 minutes, add your noodles or spaghetti to the pan and cook gently for the final 10 minutes.
5. When your chicken has cooled enough to handle, either use two forks or pop on a pair of Marigolds and use your hands to shred the meat off the bone. Pile it on to a plate and get rid of the skin and bones. Pick the leaves from your parsley and roughly chop them with the dill. Add all your shredded chicken meat to the soup, along with the chopped herbs, and warm through for 3 minutes. Have a taste, and season with salt and pepper. I'd usually serve soup with a nice crusty roll, but to be honest, this is a meal in itself and perfectly delicious and nourishing on its own.

In association with



18th November 2018



MUSLIM AID'S VEGETARIAN SOUP SPINACH, YOGHURT AND WALNUT SOUP

#chickensoupchallenge

"I am delighted to be part of this fantastic inter-faith venture. To me the cook-a-thon is testament to the immense power to do good that arises from friendly collaborative ventures across communities. Helping those in need by cooking delicious soup together will help provide vital nutrition needed to ward off infections, heal the body and survive the bitter cold."
Saliha Mahmood Ahmed

This recipe makes 6 portions

Ingredients

2 tbsp olive oil
1 large onion, diced
3 cloves garlic, minced
3 medium carrots, diced
3 stalks celery, diced
2 medium potatoes, peeled and diced
2 tsp Italian seasoning
4 cups vegetable broth + 1 cup water
2 cans diced tomatoes
1 cup corn (I used thawed from frozen)
1 can kidney beans, drained and rinsed (optional)
1 bay leaf
¼ cup parsley, chopped
1 tbsp freshly squeezed lemon juice, more to taste
1½ tsp kosher salt, more to taste
Freshly ground black pepper

Method

1. Heat oil in a large stockpot or dutch oven over medium-low heat. Once hot, add onion, garlic and a teaspoon of kosher salt and cook about 8 minutes. Add carrots, celery, potatoes and cook for 5 more minutes, stirring often. Add Italian seasoning and cook for one more minute.
2. Add broth, water, tomatoes, corn, beans, bay leaf, and several grinds of pepper. Bring to a boil and then reduce the heat to low and simmer, covered until the vegetables are tender, about 35 minutes.

Photo credit David Loftus.
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JEWISH VEGETARIAN SOCIETY'S VEGAN SOUP

#chickensoupchallenge



"What on earth is Vegetarian 'Chicken' Soup?" you might well ask. It's a thin soup made from vegetables which serves as an alternative to the traditional version. It's great for those who once enjoyed Chicken Soup but no longer wish to partake in eating meat. It's also great for life-long vegetarians who like flavourful soup. The idea is that it is warm and comforting – Jewish penicillin! The margarine and turmeric in this recipe give the soup its traditional golden colouring, and the bonus factor is that it's quick and easy to prepare.

This recipe makes 4 portions

Ingredients

2 tablespoons vegan margarine (e.g. Tomor)
1 large onion, roughly chopped
1 parsnip, peeled and roughly chopped
2 large carrots, peeled and roughly chopped
2 large celery stalks with leaves, roughly chopped
1 leek, roughly chopped
4 cloves garlic, crushed
2 litres water
2 bay leaves
A handful of flat-leaf parsley, roughly chopped
1/2 teaspoon ground cumin
A pinch of turmeric
1 tablespoon coarse sea salt flakes (e.g. Maldon)

Method

1. In a large saucepan, heat the oil and fry the onions for about 5 minutes over a medium heat.
2. Add the carrots, celery, garlic, leeks and parsnip and fry these for a few more minutes.
3. Add the water and bay leaves and bring to the boil.
4. Reduce the heat and let the soup simmer, uncovered, for about an hour.
5. After an hour, add the parsley, salt, cumin and turmeric and simmer for a further half an hour.
6. Using a colander, strain the soup to remove the whole vegetables.
7. Serve hot with kneidlach (for a quick vegan version, Telma's 'Kneidl Matzo Ball Mix' combined with egg replacer works well).