

Chicken Soup (Jewish Penicillin)

<p>4 chicken thighs bone in 1 large onion (red or brown) 3 carrots 2 sticks of celery fresh parsley or chives 2 stock cubes, or stock pots black pepper to taste vermicelli (lokshen) 1 litre of water or vegetable juices</p>	<p>Roughly chop the onion and place in saucepan; peel the carrots and slice thinly; wash the celery and slice thinly, add to saucepan. Pop the chicken thighs in pan, you can chop them up a bit if you want. Add the stock cubes and liquid. Pop the pan on the hob and gently cook for about 1 – 2 hours until everything is thoroughly cooked through and the chicken falls off the bone. Leave to cool. Remove the fat which should be solid from the top of the soup. I also take the chicken out and chop it up small and pop back in the soup. Just before serving bring soup to boil and add the vermicelli.</p>
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<p><u>Kneidlach or Matza Balls</u></p> <p>4 tbsps. of melted chicken fat (or use vegetable oil to cut down on cholesterol) 4 large eggs 1 cup matzoh meal (may need extra if mix is too wet) 1 teaspoon salt 4 tablespoons of soup stock</p> <p>Ingredients can be a bit trial and error with this. Many recipes have been handed down from generations.</p>	<p>This is very traditional to serve on Friday night as part of a Jewish Sabbath family meal.</p> <ol style="list-style-type: none"> 1. Beat the eggs slightly and then add the fat. Mix well. You could use the fat that you skim off the top of the cooled soup. 2. Add the matzoh meal and the salt. Mix well. 3. Gradually add the soup stock, may not need it all, mix well. 4. Refrigerate for ½ hour or more, to firm up the mixture 5 Form little matzoh balls and drop them into the pot of boiling water. You should end up with about 8 to 10 balls. Keep the pot covered as the matzoh balls cook and turn them a couple of times. Lastly add to the warmed soup. You can cook directly in the soup, but they sometimes split open and are not easy to fish out.
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