



Stella's Chicken Soup Recipe

Fri, 03/06/2009 - 10:04 -- Stella Bloom

Introduction:

Ingredients: 4 organic chicken thighs, bone in and very fresh 2-3 parsnips (grow them, or purchase from Henry's, Whole Foods or a Farmer's Market for sweet ones; the ones at the big chain stores are often bitter and woody) 5-10 organic carrots 6 small or 2-3 medium sized organic potatoes (they have delicious ones from local farms at Whole Foods) Half a head to one head of garlic Soy Vay Very Teriyaki sauce Kale or celery or beet leaves if you desire a green vegetable in the soup 2 eggs About 1/2 cup unbleached all purpose flour, organic and fresh if possible Use a very large pot, but do not use an aluminum pot. Fill the very large pot 2/3 full of cold water. Place on medium heat. Pull the skins off the chicken thighs and discard. Rinse the chicken thighs, then place in the pot of water. Peel the garlic cloves and cut off the bottom ends. Place whole in the pot. Add about 1/3 cup of Soy Vay Very Teriyaki Sauce. Or if you are at the end of a bottle, add some water to the bottle, shake it up and down, and empty the contents into the soup. Rinse potatoes. Dice potatoes into 1/2 " cubes. Peel first if the skin is in bad shape, or don't peel if the potato skin is nice. Add to soup. Rinse carrots, cut off tops, peel carrots, and cut into 3/8" to 1/2" rounds. Add to soup. Rinse parsnips, cut off tops, peel parsnips, slice down the middle of the thicker sections, and cut into 1/2" pieces, and add to soup. When the soup begins to boil turn down to a low heat. You may need to use a slotted spoon to skim the top layer of the soup clear. Simmer on low for several hours until stock has been reduced by at least 1/4. When the meat is falling off the bones, use tongs to transfer the meat to a plate. Some of the gristle covering the ends of the bones may fall off into the soup. Once the meat is cool enough to pull it off the bones, do so and put the meat back into the soup. While the meat is cooling, mix two eggs in a bowl. Add about 1/2 cup unbleached all purpose flour to the eggs, and stir with a fork. The mixture should be thicker than a batter, but not so thick it doesn't mix well, perhaps the consistency of cookie dough or a little bit wetter. Add a little extra flour if necessary. Turn up the heat and bring the soup to a full rolling boil. Use two spoons to drop dumpling batter into the rapidly boiling soup. Scoop up some batter onto one spoon, then use the other spoon to scoop or drop some of the batter from the first spoon into the soup. Keep at a full rolling boil until the dumplings puff up to a larger size. Remove from heat. Add any green vegetable you may want and stir in. The soup will be ready to eat in a few minutes.

Preparation:

Recipe Type:

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Ingredients:

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