

# passover matzo ball soup

(serves 8-10) Recipe adapted from *foodandwine.com*

This is the real deal — everything is made from scratch. You could make this recipe a little less labor intensive and make the Matzo balls from the mix the Co-op carries. Either way, the soup is delicious and satisfying.

## chicken soup

- 2 quarts chicken stock or low-sodium broth
- 1- 3 lb chicken

## matzo balls

- 1 ¼ C matzo meal
- 2 ½ t kosher salt
- ½ t granulated garlic
- ½ t baking powder
- ½ t baking soda
- 5 large eggs, 3 separated
- ¼ C melted chicken fat (schmaltz) or vegetable oil
- ¼ minced onion

- 1 T vegetable oil, for forming the matzoh balls

## to finish

- 1 large carrot, thinly sliced
- 2 celery ribs, thinly sliced
- 1 small onion, cut into ½-inch dice
- ¼ pound rutabaga, peeled and cut into ½-inch dice
- 4 large dill sprigs
- 4 large parsley sprigs
- kosher salt freshly ground pepper

In a large pot, bring the chicken stock to a simmer. Add the chicken and return the stock just to a simmer. Cover the chicken with a small plate to keep it submerged and cover the pot. Reduce the heat to maintain a very low simmer; simmer until the chicken is cooked through, about 1 ½ hours. Remove the chicken and let cool slightly, then shred the meat; discard the skin and bones. Strain the soup into a heatproof bowl. Skim off the fat and return the soup to the pot.

Meanwhile, Make the Matzo Balls. In a large bowl, combine the matzo meal, salt, garlic, baking powder and baking soda. In a medium bowl, whisk the 2 whole eggs with the 3 yolks, schmaltz and onion. In a separate bowl, beat the 3 egg whites with an electric hand mixer until stiff peaks form. Stir the schmaltz mixture into the dry ingredients, then stir in one-third of the beaten egg whites until incorporated. Gently fold in the remaining whites until no streaks remain. Press a sheet of plastic wrap directly onto the surface of the batter and refrigerate for about 20 minutes or overnight, until firm.

Line a baking sheet with plastic wrap. In a small bowl, combine the vegetable oil with 1 tablespoon of water. Scoop 1-tablespoon-size mounds of the matzo batter onto the baking sheet. Using the oil-and-water mixture to keep your hands moist, roll each scoop of batter into a ball, handling them as gently as possible.

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Return the chicken soup to a simmer. Add the carrot, celery, onion, rutabaga, dill and parsley and season with a big pinch each of salt and pepper. Add the matzo balls. Cover and cook over moderate heat, turning the matzo balls a few times, until they are plump and cooked through, about 25 minutes. Stir the shredded chicken into the soup and cook just until the meat is warmed through, about 2 minutes. Remove the herb sprigs. Season the soup with salt and pepper and serve immediately.

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