



Traditional Chicken Soup

Makes: 8 servings

Prep Time: 15 minutes Cook Time: 2 hours & 30 minutes

Total Time: 2 hours & 45 minutes

Ingredients

- 1 (3-4 pound) Kosher chicken (see Chef's Notes)
- 3 quarts cold water
- 2 medium onions
- 3 large carrots, peeled and cut into discs (see Chef's Notes)
- 3 stalks celery with leaves
- 2 parsnips, peeled
- 1 medium tomato
- 4 sprigs fresh dill
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 1 tbsp kosher salt
- 2 tsp freshly ground black pepper

Instructions

Clean the chicken thoroughly. Place in a large pot with water. Bring to a rolling boil. Remove the pot from the heat and skim the foam off the top until the soup is clear.

Add vegetables, herbs and seasonings. Bring back to a boil. Cover, lower the heat, and simmer until chicken is tender (45-60 minutes).

Remove the chicken from soup and let it cool for a few minutes. At this point, if you feel the soup is not rich enough in flavor, put the chicken bones back into the soup and continue to simmer for another 30-60 minutes. When chicken is cool enough to handle, shred it into small pieces.

Strain the soup. Put the carrots, celery (sliced) and chicken back into the broth, if desired.

Chef's Notes:

You can leave the chicken whole or cut into 8 pieces, whichever is more manageable.

If I have time, I like to “pretty up” the carrots by cutting lines down the side of each carrot with the side of a citrus zester. When you slice through the carrot, it makes little flowers.

I like a very richly flavored broth, so I typically add an extra hour of cooking time. I lower the heat and remove the lid. Watch that too much of the liquid doesn't evaporate.