

Chicken Soup – The Jewish Penecilin – Recipe



No two pots of chicken soup are exactly alike, but this soup below is rich and healthy, and I'd love to share it with you.

Ingredients

2 chicken bottoms (drumstick and thigh)
2 carrots
2 onions
3 celery stalks
1 sweet potato
1 zucchini
6 cloves garlic
1 tbsp. kosher salt, or to taste
12 cups water (Serves 8-10 - the longer it simmers, the more it will reduce)

Preparation

Peel the carrots, sweet potato and onion. It's best to leave the peel on the zucchini, or else it completely disintegrates in the soup. Cut the vegetables into chunks, not too small.



Put all the ingredients into the pot (it's okay if the chicken is frozen) and bring to a rapid boil. Skim the surface and remove all floating scum. Turn down to a very low simmer, and cook for 4–6 hours. (The longer it simmers, the better the soup will be. You can even cook it longer.)

Let the soup cool and refrigerate it overnight. The fat will rise to the top and harden, making it easy to remove (see picture). Scoop off the fat and bring the soup back to a boil. Simmer until you're ready to serve.

You can eat it plain, with matzah balls, or with the chicken and vegetables from the pot.

Tip: For a very clear broth, pour it through a cheesecloth.

ENJOY