



JERNEJ KITCHEN

CHICKEN NOODLE SOUP

Chicken Noodle Soup is among the most delicious, nourishing, and hearty soups. Kids and adults adore it, and you can easily adjust the ingredients.

SERVES	6	PEOPLE
PREPARATION:	20	MINUTES
COOK:	2	HOURS
TOTAL TIME:	2	HOURS 20 MINUTES

CHICKEN STOCK

1.5 kg (3.3 pounds) whole chicken with giblets

1 onion

1/4 celeriac

2 carrots

1 celery stalk

1/4 leek

1 spring onion (optional)

2 garlic cloves

herbs: 1 bay leaf, 1 sprig parsley, 1 sprig rosemary, 1 sprig thyme, 1 tsp peppercorns, 1 tsp salt

CHICKEN NOODLE SOUP

1 carrot

1 celery stalk

1/4 celeriac

1/4 cauliflower

1 bay leaf

100 g (3.5 oz) tagliatelle

1/4 tsp ground nutmeg

1 tbsp fresh parsley, chopped, to

PREPARE THE CHICKEN

Take the chicken from the fridge 30 minutes before cooking. Cut the chicken into two legs, wings, and chicken breast halves. Cut the bones into large pieces. Rinse the giblets under running water.

VEGETABLES FOR CHICKEN STOCK

Place a large (Tefal) pan over high heat. Cut the onion in half and place cut-side down into the pan. Brown the onion for about 2 - 3 minutes (without adding oil). Cut the rest of the vegetables into equal pieces (approx. 3 cm / 1-inch) and add to the pan. Reduce the heat, and add about 2 - 2.5 liters (8 - 10 cups) of cold water.

COOK THE CHICKEN STOCK

Add the herbs, spices, and chicken with bones and giblets, but save the chicken breast for later. Increase the heat and bring it to a light boil, then reduce the heat immediately and remove any foam with a spoon. Discard it. Place a wooden spoon over the pot and cover it with a lid, leaving a bit of space for the steam to release while cooking. Cook over low heat for 1 hour 15 minutes - 1 hour 30 minutes.

STRAIN

When the meat is cooked, remove the legs and wings from the pot and set aside to cool. Strain the soup through a sieve into a pot. Remove the meat from the bones and discard the rest. Using two forks, shred the meat from the legs and wings.

TIP

Bring the soup to room temperature and place in the fridge overnight. The next day, remove the fat from the surface of the

serve

TOOLS AND EQUIPEMENT

Sponsored

deep pan with a lid

cutting board

kitchen knife

sieve

bowl

soup using a spoon. This way, the soup will have less fat, and it will be more clear.

CHICKEN SOUP

Prepare the vegetables for the soup. Peel the carrot and cut it into small chunks. Cut the celery stalk into thin slices. Peel the celeriac and cut it into small pieces. Add the strained soup to a clean pot. Add the carrots, celery stalk, celeriac, and cauliflower florets. Add the bay leaf and season with salt and pepper. Place over high heat and bring to an almost boil. Reduce the heat and add the chicken breast. Cover with a lid and cook over low heat for 10 - 12 minutes. Remove the chicken from the pan and shred it using two forks.

SERVE

Add tagliatelle pasta to the pan and cook according to the package instructions for approximately 6 - 8 minutes. Taste the soup and season to taste with salt, pepper, and nutmeg. Add the shredded meat and stir to combine. Divide the soup between six plates and serve. Sprinkle with fresh parsley.