RECIPE

Matzo ball soup

A clear chicken and vegetable soup with fluffy matzo balls, a winter dinner for a cold evening or a sick day.

MAKES

6 servings US Metric

TOTAL

3 h

Ingredients

- [ ] 1 ½ lb boneless, skinless chicken breasts
- [ ] 8 cups no-salt-added chicken broth
- [ ] 1 medium onion, diced
- [ ] 3 carrots, sliced
- [ ] 3 celery ribs, sliced
- [ ] 2 cloves garlic, smashed
- [ ] ½ tsp black pepper
- [ ] ½ tsp salt, for the soup
- [ ] ¼ cup chopped fresh dill
- [ ] 4 large eggs, for the matzo balls
- [ ] ¼ cup olive oil, for the matzo balls
- [ ] 1 cup whole-wheat matzo meal, for the matzo balls
- [ ] 2 tbsp chopped fresh parsley, for the matzo balls
- [ ] ½ tsp salt, for the matzo balls

Method

1. Make the matzo ball mix first. Beat the eggs with the oil and 3 tbsp cold water until smooth. Stir in the matzo meal, parsley and the ½ tsp of salt for the balls just until it comes together. Cover and chill at least 1 hour so the meal can swell.

2. In a large pot, put the chicken, broth, 4 cups of water, onion, garlic, bay leaves, pepper and the ½ tsp of salt for the soup. Bring to a boil, lower to a simmer, cover, and cook 25 to 30 minutes, until the thickest piece reads 165 °F.

3. Lift the chicken to a board and shred it with two forks. Set it aside.

4. Add the carrots and celery to the pot and simmer 10 minutes, until tender.

- [ ] 2 bay leaves
- [ ] 4 cups water, plus 3 tbsp cold water for the matzo balls

5. Wet your hands and roll the chilled mix into 12 balls about 1½ inches across. Handle them lightly and do not pack them; they about double as they cook.

6. Keep the soup at a gentle simmer, not a rolling boil. Lower in the balls, cover, and cook 40 to 50 minutes, turning each once halfway. Water simmers at about 203 °F here, so give them a quarter longer than a sea-level card. Cut one open: it is done when it is pale all the way through, with no dark, wet center.

7. Stir the shredded chicken back in and bring the soup to a boil, then lift the pot from the heat. Stir in the dill. Serve two balls to a bowl.

8. Cool in shallow containers for no more than 2 hours, then refrigerate up to 4 days. The balls drink up broth, so keep extra broth on hand. For the freezer, lift out the balls and freeze the soup alone for up to 3 months; reheat to a boil and add fresh or reheated balls.