

Chicken Noodle Soup

Yield: Serves 4

Chicken Stock Ingredients:

1 whole roasting chicken
1 large yellow onions, unpeeled and quartered
2 leeks, cleaned and halved
4 carrots, unpeeled and halved
3 stalks celery with leaves, cut into thirds
2 parsnips, unpeeled and cut in half, optional
large handful fresh parsley
handful of fresh thyme
handful of fresh sage leaves
6 whole garlic cloves, peeled and smashed
2 bay leaves
1 tablespoon kosher salt
2 teaspoons whole black peppercorns
3 quarts water

Noodle Ingredients:

1 cup all purpose flour
1 egg yolk
1 egg
1 teaspoon Kosher salt
2 – 3 tablespoons water

Soup Ingredients:

2 cups shredded chicken meat (from stock)
3 carrots, peeled and sliced
2 stalks celery, sliced
fresh egg noodles
handful of fresh Italian parsley leaves, finely chopped



- Step 1:** **Make the stock:** Place all stock ingredients into a large stock pot and bring to a boil. Skim off bubbles and foam and let mixture simmer for three hours with the top off. Once complete, strain the stock using a colander lined with cheesecloth. Throw all herb and veggies away and shred the cooked chicken meat (discarding skin and bones). Refrigerate stock so that the fat solidifies at the top. Using a large spoon, skim off the fat and discard. You can place it back in the fridge and use within one week or freeze for up to three months.
- Step 2:** **Make the noodles:** Using the bowl of an electric mixer and a paddle attachment, add flour, egg yolk, egg and salt and mix. Add water, one tablespoon at a time, until the dough balls up and pulls away from the side of the bowl. At this point you can take the dough out and knead the dough by hand until it's a smooth ball (about 10 minutes) or you can continue using the stand mixer replacing the paddle attachment with a dough hook and knead for ten minutes. Form the dough into a ball.
- Step 3:** Cover dough and let it rest for 10 minutes. Cut dough into 4 equal parts. Roll out one part at a time into a paper-thin rectangle (if possible). Keep remaining dough covered while cutting ¼-inch wide strips. Cut strips length-wise so you have a noodle that's 2-inches by ¼ inch. Put cut noodles on a dry towel while you cut the rest.
- Step 4:** **Make the soup:** Bring your homemade stock up to a boil and add the carrots and celery. Reduce heat to a simmer and cook carrots until tender (about 5 minutes). Add shredded chicken and noodles. Be sure to stir the noodles around so they don't stick together. The noodles will take around 4-5 minutes to cook if they are fresh and haven't hardened. Once noodles are cooked stir in parsley.
- Step 5:** Ladle soup into serving bowls and serve hot!