

Jewish Italian Wedding Soup

Yields soup for 8 and a boiled chicken dinner for 6

Broth ingredients

- Bone-in chicken thighs and breasts – 5 pounds
- Chicken stock – 1 gallon
- Carrots- 1 pound
- Onions- 3 medium
- Parsnips- ½ pound
- Celery- ½ head
- Garlic cloves- 8
- Salt 2 tsp
- Pepper- 2 tsp

Make the broth:

1. Put the chicken pieces in a large stainless pot
2. Pour stock over chicken
3. Peel carrots and parsnip and cut into sticks
4. Peel onion, trim down the root end, being careful to still leave it attached, and cut into quarters
5. Cut celery into sticks
6. Slice garlic cloves in half
7. Add vegetables to pot along with salt and pepper and bring to a boil
8. Turn down pot, bring to a simmer and skim off the foam that rises to the top
9. Simmer for 2 hours
10. Remove vegetables and chicken and serve with horseradish or mustard
11. Strain the broth and reserve for the Jewish Italian Wedding Soup

Matzoh ball ingredients

- Matzoh meal mix- 1 package
- Eggs -1
- Schmaltz or olive oil- 2 Tblsp
- Dill, chopped- 2 Tblsp

Make the matzoh balls

1. Bring a large pot with a tight fitting lid to a simmer
2. Follow the recipe on the box! Or,
3. Beat the egg with the melted schmaltz or oil
4. Mix in the dill
5. Mix in a package of matzoh meal mix until incorporated
6. Chill mix in the refrigerator for 30 minutes or longer
7. Remove mix from fridge, wet hands and roll walnut sized balls dropping them directly into the slightly simmering water
8. Cover pot tightly and cook about 20-25 minutes or until matzoh balls have doubled and look cooked through.
9. If using right away, turn off stove and let the matzoh balls sit in the water. If not, remove with a slotted spoon

Meatball ingredients

- Ground turkey- 1 pound
- Extra virgin olive oil- ¼ cup
- Garlic, chopped- 1 Tblsp
- Matzoh meal- 1/3 cup
- Eggs, lightly beaten- 2
- Lemon zest -1 Tblsp
- Fresh ground black pepper- 1 tsp
- Salt-1 tsp

Make the Meatballs:

1. Combine Turkey, matzo meal, parsley, egg, garlic, lemon zest, olive oil, salt and pepper in a bowl and mix well.
2. Divide mixture into 16 equal portions and roll into balls
3. Brown the meatballs under a broiler or in a frying pan, turning the meatballs over to brown both sides
4. Set meatballs aside for final cooking in the broth

Soup Ingredients

- Chicken broth- 2 quarts
- Matzoh balls- 8

- Meatballs- 16
- Escarole, chopped- 2 heads
- Italian parsley, chopped- ¼ cup
- Extra virgin olive oil- 8 tsp.
- Grated Parmesan (optional) 8 tsp.

Make the Soup:

1. Heat the broth in a large, non-reactive pot to a low simmer
2. Add the matzo balls and heat through
3. Add the meatballs and heat 3-4 minutes until cooked through
4. Stir in the escarole and heat until wilted
5. Serve soup topped with chopped parsley, a teaspoon of olive oil, and, if not keeping kosher, a spoonful of grated Parmesan