

Kosher like me

FRESH FLAVORS ROOTED IN TRADITION

Liz

Ingredients:

One chicken, cut in 1/8th's, rinsed and trimmed of extra fat and skin.
1 onion, quartered (I remove them at the end)
4-5 carrots, scraped and sliced into bite size pieces
2 parsnips scraped and cut into big chunks (I remove them at the end)
4 stalks celery, washed and cut into bite size pieces
3-5 cloves garlic, chunked (optional)
1 zucchini, washed and cut into bite size pieces (optional)
1 handful fresh dill, washed and rough chopped
1-2 tomatoes, chopped (optional)
1 heaping tablespoon soup enhancer, like Osem chicken or vegetable powder

Directions:

Place all ingredients, except dill and zucchini, in a large pot. Add cold water to a level about 2 inches above the ingredients. DO NOT add too much water or the soup will not be rich enough. This is the trick! Slowly, bring liquid to boil and immediately turn it to simmer. Keep an eye on the simmer, making sure it is low and slow (boiling will toughen the chicken). Leave the lid cracked open a bit so it doesn't overflow. After about 10 min, skim the surface of the soup of any gunk. Continue simmering with the lid cracked, for about 1.5 hours. In the last 30 mins. of cooking, add the fresh dill and zucchini. Bring the soup back to simmer for 30-45 mins. Remove from heat, uncover and allow to cool. Pull out the chicken and

cool separately so it doesn't continue cooking.

Refrigerate over night and remove any accumulated fat before serving.