

Chicken Soup / Chicken Noodle Soup

serves 8–10

For many people, this is the definition of comforting nourishment. This beautiful soup tastes delicious; nourishes body, mind, and soul; and comforts a weary heart. Make extra and bring it to a friend in need or freeze some for a future need.

1 whole chicken, raised responsibly
1 T. salt
3 leeks, green tops chopped coarsely,
white part washed and sliced thin
(and set aside)
1 onion, unpeeled, cut in quarters
3 carrots, 3–4" chunks
1 whole garlic bulb, cut in half
1/2 bunch celery, cut in quarters
1/2 bunch parsley, whole

3 T. extra virgin olive oil
2 additional onions, 1/2" dice
1 T. dry sherry or white wine
2 cloves garlic, minced
3 add'l carrots, 1/4" half-rings
2 stalks celery, 1/4" half-slices
2 c. red/gold potato, 1/2" cubes
1 t. additional salt
black pepper to taste
pinch turmeric
1/2 bunch parsley leaves, minced
1 lb. egg noodles, cooked al dente

Place whole chicken in a large pot. Cover with about a gallon of cold water and 1 T. salt. Bring to a boil. Reduce heat to a simmer. A dark grayish foam will begin to appear. Skim that foam off and discard it until it is no longer visible, about 5–10 minutes. Then add the unpeeled onion, carrot, garlic, celery, and whole parsley to create your rich and delicious stock. Simmer the stock until the chicken meat is cooked, about 45 minutes; the white meat should appear completely white with no visible streaks of pink. Remove the chicken and place on a large baking pan. Pry the meat off the bones with a pair of tongs. Set the meat aside to cool. Add the bones back to the stock pot and continue to simmer for another hour or two.

Meanwhile, in a medium-large soup pot, heat the olive oil on medium high heat. Add the onion, lower heat to medium, and sauté until it is soft and translucent, 8–10 minutes, stirring often. Add the sherry or white wine and minced garlic and sauté for 5 more minutes, stirring occasionally. Add the carrots and celery and sauté for another 5 minutes. Add the potato, salt, pepper, and turmeric. Drain the stock and add 6 cups to the pot. Shred the chicken meat by rubbing it between your thumbs and forefingers and add that to the pot. Thin with additional stock until it is the thickness that you'd like. Taste and adjust salt as needed.

I add the egg noodles individually to each bowl so that people have a choice of none, a few, or many, depending on their taste. If adding them to the pot, add immediately before serving. Sprinkle each bowl with a bit of minced parsley. Take a deep whiff of the comforting aroma and savor that first taste.