

# Chicken Soup with “Knaidlach” and “Noodles”

Recipe By *Estee Kafra*



Cooking and Prep:  6  
h 45 m

Serves:  8

Contains: 

**Preference:** Meat

**Difficulty:** Medium

**Occasion:** Shabbat, Passover

**Diet:** Gluten Free, Low Carb

**Source:** Family Table by

Mishpacha Magazine

This soup is filling and satisfying and can be a whole meal-in-one. The julienned vegetables give it a beautiful presentation as well. If you don't eat gebrochts, these chicken balls are the perfect substitute for knaidlach.

## Ingredients (17)

### Soup

- bones of 2 chickens, extra skin and fat removed
- 1 whole chicken, cut in eighths, all skin removed
- 1 large turkey drumstick, all skin removed
- 1 onion, peeled
- 6 carrots, peeled

- 3 zucchinis, peeled
- 1 turnip, peeled
- 3 parsnips, peeled
- 1 piece ginger, about 2 inches long, peeled
- 1 bunch dill and/or parsley in a cheesecloth
- Haddar Kosher Salt**, to taste

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## Chicken Balls

- 1 and 1/2 pounds (680 grams) ground chicken
  - 2 eggs
  - 1 potato, cooked and mashed
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1 tablespoon **Heaven & Earth Ketchup**
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## Start Cooking

### Make the Soup and Noodles

1. Place the chicken bones, chicken, and turkey in a large pot and rinse off a few times. This keeps the soup clearer. Add remaining ingredients. Cover with water and then about six to eight inches more and bring to a boil. Reduce to a simmer and let cook for six hours.
2. Strain, discarding the bones and unwanted veggies, and set aside chicken.
3. Julienne one raw carrot, one raw zucchini, and one raw parsnip. When ready to serve, add julienned vegetables to the soup and let cook for a few minutes.

### Make the Chicken Kneidlach

1. Combine chicken ball ingredients and form mixture into balls.
- 2.

Place in boiling soup (after it's strained). Cook for about 1/2 an hour.

**Note:**

To make in advance, cook in boiling salted water, freeze, and rewarm in the soup for about one hour.

**Tip:**

Put the bones and any vegetables you don't eat into cheesecloth for easy cleanup.

**Credits**

Photography: Daniel Lailah.

Food Styling: Amit Farber.