

Soothing Chicken Dumpling Soup



Serves 4

Prep 10 mins

Cooking 2h 10 mins

Easy

Ingredients

For the soup

4 chicken thighs, skin on, bone in
1 carrot
1 onion
chives or dill to serve

For the matzo balls

2 eggs
2 tbsp vegetable oil
2 tbsp sparkling water
50g matzo meal + extra for shaping

1. Make the soup by putting the chicken thighs, carrot and onion into a pan. Cover with 1.5 litres of water and bring to the boil. Skim off any white bits which float to the surface (keep doing this as they appear throughout cooking), then reduce the heat to a simmer and cook for 40 mins. Lift out the chicken thighs and shred the meat using a fork. Set aside and return the bones to the pan. The skin can be discarded. Cook gently for another 1½ hrs before straining and add seasoning if you like.
2. Mix together the eggs, oil and water. Put the matzo meal into a bowl along with the salt, pour over the egg mixture and stir together. Cover with cling film and leave in the fridge for at least 30 mins (you could leave this overnight) until a soft dough has formed.
3. Bring a large pan of salted water to the boil. Dust your hands with matzo meal then loosely shape the matzo dumpling into 12 teaspoon-sized balls. Drop them into the pan one at a time so that they don't stick, reduce the heat to a simmer, cover with a lid and leave to cook for 30 mins. Remove from the water with a slotted spoon.
4. To finish, put the matzo balls and shredded chicken in the soup and heat through. Sprinkle with dill or chives and ladle into bowls.