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Gluten-Free Matzo Ball Soup

(gluten-free, kid-friendly, meat)

[By Gluten-Free Nosh](#)

Matzo Ball Ingredients:

2 eggs
4 tablespoons oil
2 tablespoons water
Salt and pepper to taste
1 cup Paskesz Pesach Crumbs

Matzo Ball Method:

1. In large bowl, beat eggs until blended. (I do this by hand, not in a mixer.) Mix in oil. Mix in water, salt and pepper. Add Pesach Crumbs and mix well.
2. Refrigerate for at least 30 minutes.
3. Boil 5 quarts of water and 1 teaspoon salt in a large pot.
4. Take a teaspoon of matzo ball mixture and roll it between two hands into a ball slightly smaller than a walnut. Set aside on a plate, and repeat with remaining mixture.
5. When all balls are ready, drop them into boiling water. Cook, uncovered, on low to medium heat for 25 minutes. Remove with slotted spoon.

Yield: 20 matzo balls

Chicken Soup Ingredients:

3 pounds bone-in chicken parts (dark meat is especially flavorful)
12 cups water (use 4 cups water for each pound of chicken)
1 onion, peeled, cut into quarters (if the onion skin is clean, you can leave the skin on to add color to the soup)
2 carrots, peeled, chopped into 2-inch pieces
2 ribs celery, chopped into 2-inch pieces (it's OK to leave the leaves on, as long as they are washed well)
2 parsnips, peeled and chopped into 2-inch pieces
1 medium turnip, peeled and cut into quarters
3 cloves garlic, peeled and left whole
6 peppercorns
1 teaspoon kosher salt

Chicken Soup Method:

1. Place chicken in large soup pot and cover with cold water.
2. Bring to a low boil and skim off the scum that rises to the top. (The scum contains some nutrition from the bones. But in my opinion, anything that's called scum should be skimmed.) As soon as the soup boils, turn it down to a simmer. If you let the soup reach a rolling boil, the scum will reincorporate into the broth and you'll end up with a cloudy broth.
3. After you've skimmed the scum, add the onion, carrots, celery, parsnips, turnip, garlic, peppercorns and salt.
4. Cover the pot, and simmer on low heat for three hours.
5. To strain the soup, remove the larger pieces of chicken and vegetables and set aside. Then hold a fine mesh strainer over a large bowl. Slowly pour the soup into the strainer so any chicken or vegetables remain in the strainer, and the broth collects in the bowl below (you will need at least two bowls). Take your time and do it in batches, so you don't spill any broth; it's like liquid gold.
6. Separate the carrots and parsnips and refrigerate; discard the rest of the mushy vegetables or find a noble use for them. Remove the chicken pieces from bone and skin, discard bone and skin, and refrigerate chicken pieces. Refrigerate the broth separately in a bowl or glass jars. Refrigerate the broth overnight to give the fat a chance to congeal on top.
7. Before serving, scrape off and discard the fat that has hardened at the top. (Don't put the fat down your drain!) Reheat soup. Ladle hot soup into individual bowls, adding a carrot piece (and, optionally, a parsnip), chicken pieces and one or two matzo balls to each bowl.

Yield: 10 to 12 servings