Chicken Soup with Shallot-Shiitake Matzo Balls

SERVINGS
8

RECIPE SOURCE

Ingredients

1 whole chicken, 3 to 3 1/2 pound
3 carrots, peeled and large cut in half
3 stalks celery with leaves, cut in half
2 yellow onions, peeled and halved lengthwise through the root
1 bay leaf
4 cloves garlic, peeled
1/4 cup loosely packed fresh parsley (with stems), plus more chopped fresh parsley leaves for serving
Kosher salt
Freshly ground black pepper
4 tablespoon avocado oil, divided
2 shallots, finely chopped, finely chopped
Kosher salt
4 ounces shiitake mushrooms, stems removed and finely chopped (about 1 1/2 cups)
1/2 teaspoon dried thyme
4 large eggs,, lightly beaten
1 cup matzo meal
3 tablespoons club soda or seltzer water
Lemon wedges, for serving (optional)

Cooking Instructions

1. Start the Soup Base
• 1-1. Place the chicken, carrots, celery, onions, bay leaf, garlic, and ¼ cup of loosely packed parsley into a large soup pot.
• 1-2. Cover everything with 1 inch of cold water. Bring to a boil over high heat.
• 1-3. Reduce the heat to low, partially cover, and gently simmer for 1 to 1½ hours. Skim off any foam that rises to the top. Cook until the chicken is very tender and falling off the bone.
2. Mix the Matzo Ball Dough
• Complete these steps while the soup is simmering.
• 2-1. Heat 2 tablespoons of the avocado oil in a medium frying pan over medium heat. Add the shallots and a pinch of kosher salt. Cook, stirring occasionally, until just softened (4 to 5 minutes).
• 2-2. Add the chopped shiitake mushrooms and cook until softened and browned (5 to 7 minutes). Add the ½ teaspoon of dried thyme and cook for about 1 minute.

• 2-3. Transfer the mixture to a large bowl and let it cool completely to the touch.
• 2-4. Stir the lightly beaten eggs, the remaining 2 tablespoons of avocado oil, 1 teaspoon of kosher salt, 1 cup of matzo meal, and 3 tablespoons of seltzer water into the cooled mushroom mixture until fully combined.
3. Sync the Finish (The Final Hour)
• 3-1. Cover the bowl and put the matzo ball dough in the refrigerator to chill during the last 30 minutes of the soup's cooking time.
• 3-2. When the chicken is fully tender, turn off the heat. Strain the broth through a fine sieve, separating the liquid from the solids. Shred the chicken meat, discard the bones/spent vegetables, and set the meat and carrots aside.
• 3-3. Bring a large pot of heavily salted water to a boil over high heat, then lower the heat to medium-low to keep it at a steady simmer.
• 3-4. Remove the dough from the fridge. Moisten your hands with water, scoop out a heaping tablespoon of the batter, and roll it into a 1-inch ball. Drop it into the simmering water. Repeat with the remaining batter.
• 3-5. Cover tightly and simmer for 30 to 35 minutes until the matzo balls are tender and puffed. (To test, cut one in half; it should be pale in color throughout).
4. Assemble and Serve
• 4-1. Reheat your strained broth and stir the shredded chicken and carrots back in. Season with additional kosher salt and freshly ground black pepper to taste.
• 4-2. Ladle the hot broth, chicken, and carrots into bowls.
• 4-3. Carefully transfer the cooked matzo balls directly from their cooking water into each bowl.
• 4-4. Garnish with chopped fresh parsley leaves and serve hot with lemon wedges on the side if desired.