

CHICKEN NOODLE SOUP

(from the Bewitching Kitchen)

A pressure cooker is preferred, but not mandatory

for the chicken stock:

2 pounds of chicken wings
2 carrots, cut in chunks
1 celery rib, cub in chunks
1/2 large onion
10 whole peppercorns
1 piece of ginger, about 1/2 inch
1 piece of kombu, about 3 inches long
1 bay leaf
7 cups of water

for the soup:

6 chicken thighs, skinless, with bone-in
4 medium carrots, diced
2 ribs celery, diced
chicken broth, as much as needed
salt and pepper to taste
fresh lemon juice to taste
cooked noodles or zoodles

Start by making the chicken broth. Mix all ingredients in a large stockpot or pressure cooker. If using a pressure cooker, cook for 40 minutes under pressure, release steam, open the pan, strain the stock. If using a regular pan, simmer for at least one hour, preferable an hour and a half.

Return about 2 cups of broth and 1 cup of water to the pressure cooker, add the chicken pieces seasoned with salt and pepper. Cook under pressure for 20 minutes. Alternatively, simmer in a regular pan until the meat is very tender. Remove the pieces of chicken to a bowl, allow it to cool until you can handle it.

As the chicken cools, return the pressure cooker to the stove, add the carrots, celery, cook under pressure for 5 minutes, or in a regular pan until the veggies are tender. The base of the soup is now ready. Shred the chicken with a fork or your fingers. Reserve.

When it's time to enjoy the soup, cook some noodles (or zoodles) in boiling salted water. Re-warm the soup by mixing the soup base, the reserved chicken meat, and any reserved stock until the consistency is the way you like. Squirt fresh lemon juice, adjust seasoning if needed with salt and pepper. Place some cooked noodles in your serving bowl, ladle the soup over, and...

ENJOY!

