

Pauline's Chicken soup (or Jewish penicillin)

A good chicken, preferably an old hen only good for boiling! However you can save chicken carcasses. In the absence of an old fowl I use turkey wings or thigh!!

Put this in a large pan with an onion chopped in half, some carrots, cut in big chunks, celery, celeriac - whatever you fancy to flavour your soup e.g. chunk of fresh ginger. Cover with cold water season and bring to the boil. Skim if necessary and then simmer covered for at least an hour till you've extracted all the flavour from the bones/chicken/turkey.

Taste and adjust seasoning. If you think it needs a little extra flavour add a chicken stock pot or two!! If there is a lot of fat, skim off or cool and remove solidified fat, but some fat helps the flavour.

Serve with vermicelli if you don't want to make knaidlach.

Knaidlach Makes 12-15

2 large eggs

40g margarine or chicken fat, melted and allowed to cool a bit.

75g matzo meal. You can make this by processing matzo (available from Sainsbury's in Halifax) into very fine crumbs in a food processor.

4 tbsp soda water.

Salt and pepper.

Whisk the eggs in a bowl till frothy. Whisk in the fat and add 1/2 tsp of salt and some black pepper. Gradually stir in the matzo meal followed by the soda water to form a uniform paste. Cover and chill till it's firm - at least an hour or two. You could make a day ahead and keep in the fridge.

With wet hands and a spoon if desired shape into balls the size of a small walnut. Drop them into a large pan of salted gently boiling water. Cover partially with a lid and simmer gently for until tender, about 30 minutes. Remove with a slotted spoon and if not using immediately allow to cool and store in the fridge. Can be frozen as well.