



# Matzo Ball Soup

## Ingredients

### Matzo balls

- 2 large Eggs
- ½ tsp Kosher salt
- ½ tsp Black pepper powder
- ¼ tsp Garlic powder

- ½ tsp Baking powder
  - ½ tsp Chicken bouillon stock powder
  - 2 tbsp Schmaltz (rendered chicken fat) or cooking oil
  - ½ cup Matzo meal
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- 3 tbsp Water plain or sparkling (seltzer)

### Chicken soup

- 4 cups Chicken broth I prefer pre prepared homemade
  - 4 sprigs Thyme
  - 4 springs Parsley
  - 2 tbsp Oil
  - 1 small Onion diced
  - 1 large Carrot diced
  - 2 large Celery stalks diced
  - ¼ tsp Kosher salt or more to taste
- 
- ¼ tsp Black pepper powder

### Plus

- 2 tbsp Parsley chopped for garnish

## Method

### Matzo balls

1. **Dough** – In a medium bowl, whip the whole eggs until light and foamy. Add the salt and pepper and continue to whip some more. Next, add the garlic powder, baking powder, and chicken bouillon. Then, gradually add the matzo meal and combine well making sure no dry flour is visible.

**Pro tip** – It is very important to whip the eggs until they are light and foamy, this will make light and airy balls.

2. **Rest** – Next, gradually add the water/seltzer making sure there are no lumps. The dough must be a paste consistency that can be spread. Cover lightly and leave in the fridge to rest for 30 minutes up to overnight.

**Pro tip** – The water will be absorbed by the matzo meal, so keep the dough soft spreading consistency. Before shaping, if the dough is too dry add 1 tbsp of water and combine well.

3. **Poach liquid** – Meanwhile, in a large pot, add 4 cups of water and 1 tbsp of salt. Bring to a boil and turn the heat to medium.

**Pro tip** – You can also use chicken broth as a poaching liquid, but I feel it gives the finished dish a very strong chicken flavor. I like mine mild.

4. **Shape** – Take about 1 tbsp amount of dough onto wet hands and shape it into a smooth ball. Place on a clean plate and continue until all the dough is used.

**Pro tip** – Using oiled hands to make the balls prevents sticking. The balls will become 3 times their original size so do not make them too large.

5. **Cook the balls** – Drop the matzo balls in the poaching liquid, one at a time. Once all the balls are in, cover the pot and continue to simmer for 45 minutes. The balls will increase three times their original volume. Turn the heat off and set aside.

**Pro tip** – DO NOT remove the balls from the water as they will lose volume. Keep them there until the soup is ready. The balls can be made a day ahead and kept in water in the fridge. Bring to a boil again then

transfer to the soup.

## Chicken soup

1. **Saute** – In a large pot over medium heat, add the oil and saute the garlic and onions followed by the carrots and celery. Season with salt and pepper.

**Pro tip** – If using commercial chicken stock, add less salt as some commercial stocks have extra salt added for preservation.

2. **Simmer** – Next, add the chicken broth along with the thyme, parsley, and dill leaves. Cover the pot and simmer for 20 minutes. Then, remove the leaves. Taste and adjust seasoning.

**Pro tip** – If too much liquid has evaporated, add more hot water to the pot so the matzo balls have enough liquid to soak up.

3. **Combine** – Using a perforated spoon, gently pick the matzo balls from the poaching liquid and drop them into the chicken stock. Keep warm.

**Pro tip** – If necessary, add more chicken stock or water to the pot.

4. **Serve** – In a soup bowl, serve 3 balls with a generous portion of the soup and veggies. Garnish with chopped parsley.