

Chicken Soup with Kreplach

INGREDIENTS:

Servings: 4 people

Chicken Soup:

Onions	2
Cloves	4
White part of a leek	2
Garlic clove	1
Celery root	1
Celery stalks	3
Bouquet garni of parsley, dill, thyme and bay leaf	
Button mushroom	125 g
Chicken wings	3 kg
Chicken fat	30 g
Cold water	2 liters
Salt and white pepper	to taste

Kreplach dough:

Plain flour	250 g
Egg	1
Salt	1 tsp
Water	about 120 ml

Liver stuffing:

Chicken liver	250 g
Large onion	1
Oil	for frying
Hard-boiled egg	1
Salt and freshly ground pepper	to taste

Potato stuffing:

Peeled potatoes	3-4
Finely chopped onion	1
Vegetable oil	2 tbs
Butter	50 g
Salt and freshly ground pepper	to taste

Servings: 8 people

Chicken Soup:

Onions	4
Cloves	5-6
White part of a leek	4
Garlic cloves	2
Celery roots	2
Celery stalks	6
Bouquet garni of parsley, dill, thyme and bay leaf	
Button mushroom	250 g
Chicken wings	6 kg
Chicken fat	60 g
Cold water	4 liters
Salt and white pepper	to taste

Kreplach dough:

Plain flour	500 g
Eggs	2
Salt	1 tsp
Water	about 240 ml

Liver stuffing:

Chicken liver	500 g
Large onions	2
Oil	for frying
Hard-boiled eggs	2
Salt and freshly ground pepper	to taste

Potato stuffing:

Peeled potatoes	7-8
Finely chopped onions	2
Vegetable oil	60 ml
Butter	100 g
Salt and freshly ground pepper	to taste

Servings: 12 people

Chicken Soup:

Onions	6
Cloves	6-7
White part of a leek	6
Garlic cloves	3
Celery roots	3
Celery stalks	9
Bouquet garni of parsley, dill, thyme and bay leaf	
Button mushroom	375 g
Chicken wings	9 kg
Chicken fat	90 g
Cold water	6 liters
Salt and white pepper	to taste

Kreplach dough:

Plain flour	750 g
Eggs	3
Salt	1 tsp
Water	about 360 ml

Liver stuffing:

Chicken liver	750 g
Large onions	3
Oil	for frying
Hard-boiled eggs	3
Salt and freshly ground pepper	to taste

Potato stuffing:

Peeled potatoes	10-12
Finely chopped onions	3
Vegetable oil	90 ml
Butter	150 g
Salt and freshly ground pepper	to taste

TOOLS:

Chef's knife
Cutting board
Kitchen string
Large saucepan
Fine sieve
Wooden spoon
Frying pan
Slotted spoon
Food processor or blender
Pepper mill
Colander

Dough:

Flour sifter
Bowl
Kitchen towel

Rolling pin
Glass
Needle
Large saucepan
Strainer

INFO:

The traditional Jewish Eastern European version of this dish is much heavier, and is usually cooked with pieces of fatty beef. The Israeli version is much lighter and more delicate than its Eastern European counterpart. As to Chicken Soup with Kreplach, the dish most frequently associated with the "Jewish kitchen" and especially popular in Israel, let it be known that this was the favorite soup of such diverse characters as gangster Lucky Luciano, Tzar Nicholas II, Benito Mussolini and Zelda Fitzgerald. It was also the soup served to the French revolutionary, Robespierre, about an hour before his fateful meeting with the guillotine. Sometimes referred to as "Jewish penicillin," this soup is prescribed by mothers as a cure for whatever ails their families. Regardless of its unverified curative powers, this comfort food is a treat by any standard. And, after all, it may just cure that cold that refuses to go away.

TIME:

prep time : 02:50
cook time : 01:00

PREPARATION:

Prepare the chicken soup:

Peel the onions then stuff the cloves into the outer layer of the onions. Slice the leek. Peel and slice the celery root. Cut the celery stalks into 5 cm pieces. Tie the bouquet garni.

In the saucepan, sweat the chicken wings in the chicken fat for 5 minutes. Do not allow the wings to color. Add the vegetables and the herbs and sweat for another 5 minutes. Add the water. Bring the saucepan to a boil and then simmer, uncovered, for 1 hour, skimming the top of the soup from time to time. After 1 hour, season to taste with salt and white pepper. Strain the soup through a fine sieve.

Prepare the dough:

Sift the flour into a bowl. Add the egg, salt and water. Knead until the dough becomes smooth and elastic, approximately 5 minutes. Cover the dough with a towel and set aside.

Prepare the liver stuffing:

Clean the livers. Peel and slice the onion into thick slices. Sweat the onion in oil over medium heat until soft. Remove the onion with a slotted spoon and, in the same oil, fry the livers. Do not over cook. They should remain pink in the center. Place the livers, onion, egg, salt and freshly ground pepper in a food processor. Work into a smooth mousse.

Prepare the potato stuffing:

Boil the peeled potatoes for 20-25 minutes until soft, but still firm. Drain. Fry the chopped onion in oil until golden brown. Purée the potatoes. Mix in the onions. Add butter until the mixture is smooth. Season to taste with salt and freshly ground pepper.

Prepare the kreplach:

Knead the dough again. On a floured work surface, roll the dough into a very thin sheet. Using a glass or cookie cutter, cut the dough into circles. Place a teaspoon of stuffing in the center of each circle. If necessary, moisten the edge of the circle, then fold the dough over to close each kreplach. Using fingers or a fork, press the edges together to seal the filling inside the kreplach. Prick the kreplach with a needle. Cook in boiling salted water for 15 minutes. Strain and serve in hot chicken soup.