



FLUFFY MATZO BALLS

(makes approx. 36)

Note: baking powder is not a yeast, but will lighten the dough similar to eggs, and is used in all the store-bought mixes (as sodium bicarbonate).

6 eggs 4 Tbsp. olive oil ¾ C. seltzer water	1. Mix eggs, oil and water together.
2 C. matzo meal 1 tsp. baking powder 1 tsp. salt 1 Tbsp. chopped parsley	2. Combine these ingredients and mix well. Add to egg mixture. Will not be too thick yet. Let mixture stand in refrigerator 15 minutes to thicken while preparing large pot of boiling water.
<i>Hint: make several days ahead & keep balls in same water. Cover & store in refrigerator. Drain & add balls to hot soup 30 min. before serving.</i>	3. For smooth round balls, rub oil on your hands. Drop balls into 2 quarts clear boiling water. Cover & simmer on medium heat for 20 minutes. Lift balls out of water with slotted spoon. Serve hot in soup.



SPICY CHICKEN SOUP

serves 12-16

Can be made ahead and refrigerated or frozen.

1 whole free range chicken 1 bay leaf 10 C. filtered water 2 medium whole carrots 4 stalks celery w/tops 1 whole parsnip root 1 whole onion, minced 4 cloves garlic 4 sprigs fresh parsley 1 tsp. dill ¼ tsp ground pepper 1 tsp. sage 1 Tbsp. curry powder ¼ tsp. cayenne pepper	Place whole chicken, vegetables and spices leaf in crock pot with water. Cover and let simmer until chicken is ready to fall off the bones. (6-8 hours or overnight). Remove carrot and slice. Set aside. Remove chicken, remaining vegetables and leaves from soup and discard as they will have lost their flavor to the soup stock and chicken will be dry. Return sliced carrots to soup. Reheat and serve. <i>Note:</i> If making ahead and freezing, thaw day before dinner. Place in crock pot on low setting day of dinner. One hour before serving place drained matzo balls in crock pot with soup to heat. Serve garnished with sprigs of fresh parsley or sliced green onion.
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