

Chicken Noodle Soup



For the stock:

- 4-5 lb whole chicken
- 1 medium onion, skin removed and halved
- 2 cloves garlic, smashed
- ½ tsp whole peppercorns
- 1 bay leaf
- 2 or 3 whole allspice berries (optional)
- 1 carrot, quartered
- 1 celery stalk, quartered
- 2 sprigs parsley
- 2 tsp kosher salt
- 3 quarts (or more) water

For the soup:

- 8 oz egg or other soup noodles
- 4 cups chicken, diced, reserved from making stock
- 1 carrot, diced
- 1 stalk celery, diced
- 1 batch chicken stock (see above)
- ¼ cup chopped fresh parsley
- Salt and pepper to taste

Place all of the stock ingredients in a Dutch oven or other heavy pot. Add water to completely cover the chicken, about 3 quarts. Bring to a boil, then reduce heat to medium low and simmer, covered, for 30 minutes. Turn off heat and remove chicken from pot. Leave the vegetables in the stock. Allow chicken to cool until you can handle it easily. Remove the chicken meat from the carcass and set it aside. Return the carcass to the pot. Bring to a boil, then reduce heat and simmer, covered, for 1 ½ hours. Allow stock to cool slightly, then strain through a double layer of cheesecloth or a cotton towel set over a strainer. Return stock to the pot and add diced chicken, fresh carrots and celery. Bring to a boil and add the egg noodles. Cook until noodles are tender (according to package directions). Remove from heat adjust for seasoning with salt and pepper, and add the fresh parsley. Serve with crusty bread or crackers.