

Prize-winning cooks share 'Ultimate' chicken soup recipes

See related story on Taste front.

These are the winning recipes from Temple Kol Ami's Ultimate Chicken Soup Contest held Wednesday, Feb. 24 in West Bloomfield. As Rabbi Norman of Temple Kol Ami, one of the judges said, "there are no losers in a contest like this. Everyone who entered was a winner."

In honor of all 50 contestants, Temple Kol Ami made a donation to Mazon, a Jewish Response to Hunger.

Mazon is an organization that gives grants to local soup kitchens, food banks and shelters.

Here are the winning recipes. **WINTER CHICKEN VEGETABLE SOUP WITH SPAETZLE**

- 3 tablespoons Better than Bouillon chicken base
- 6 cups hot water
- 1 boned, skinned, and diced chicken breast
- 3 tablespoons olive oil
- 2 chopped onions
- 3 carrots, peeled and diced
- 3 stalks celery, diced

- 1 small turnip, peeled and diced
- 2 cups green cabbage, shredded
- 1 teaspoon dried thyme
- Salt and pepper to taste

Mix hot water and chicken base in soup pot and bring to a boil. Add diced chicken breast. Heat the oil and sauté onions, carrots, celery and turnip until they are lightly browned, then add them to the broth.

Simmer uncovered for 25 minutes. Add the cabbage and thyme and continue cooking 20 minutes longer. Season with salt and pepper, add spaetzle and serve.

If you don't care to make spaetzle you can add cooked pasta noodles such as bow tie.

- SPAETZLE**
- 1 beaten egg
 - 1 cup flour
 - 1/3 cup milk
 - Pinch of nutmeg
 - Boiling salted water
- Add flour a little bit at a time into the beaten egg. Add milk to

mixture and then nutmeg.

Put dough in quart basket of a spaetzle maker and place over pot with boiling water. Slide basket back and forth allowing the dough to drop in the boiling liquid.

When they are done they will float to the top. Drain in a strainer. Add to soup just before serving.

Editor's note: If you don't have a spaetzle maker, press dough through the holes of a colander into boiling water to make spaetzle.

Recipe compliments of Sandra Bigini of Clarkston, first prize winner in the Temple Kol Ami Ultimate Chicken Soup Contest.

"This soup can be made a week or two in advance and frozen so you do not have so much work to do on Passover. Just defrost it when you need it," said Rita Kollin of Rochester Hills, winner of the second prize in the Ultimate Chicken Soup Contest.

- CHICKEN SOUP**
- 1 (4-5 pound) stewing chicken
 - 2 1/2 quarts water
 - 2 red onions, cut up
 - 1 leek, sliced

- 3 stalks celery, sliced
- 1 tablespoon salt
- 1/4 teaspoon pepper
- 6 garlic cloves
- 2 bay leaves
- 2 carrots, sliced
- 2 turnips, sliced
- 2 parsnips, sliced
- 4 or 5 sprigs of parsley
- 4 fresh dill heads, or 1/4 teaspoon dried dillweed (optional)

Place chicken in 8 to 10 quart Dutch oven. Add water, onions, leek, garlic, turnips, bay leaves, celery, salt and pepper. Bring to a boil.

Reduce heat; simmer, covered 40 minutes or until chicken and vegetables are tender.

Remove chicken; refrigerate meat for another use. Lift vegetables from broth with slotted spoon. Strain broth. Return vegetables to broth. Add parsley and dill, if desired. Heat through. Makes 8 servings.

Cook's note: For a main dish, cube the meat and return it to

the broth with the vegetables.

Bubbi's Chicken Soup, the third prize winner in the Ultimate Chicken Soup Contest, has a long history, said Sonia Geofrey of Bloomfield Hills.

"It originated with her mom, traveled with Bubbi to Warsaw in the thirties, escaped with her on Sept. 9, 1939 to Siberia to survive the Holocaust, returned with her to Warsaw after the war, and then eventually immigrated to America in 1969."

"Bubbi's soup was not simply culinary expertise, but her finest gift. To neighbors, friends and strangers alike she dispersed her soup to nurse everything from a cold to a broken heart. Right before she died she ensured her chicken soup would live on by sharing her 'secret recipe' with her youngest daughter. Through her, Bubbi is still with us warming our bellies and hearts."

- CHICKEN SOUP**
- 4-5 pieces of chicken cut, up plus 2 chicken legs plus 2 turkey wings
 - 5 medium size carrots, cut into chunks
 - 4 stalks of celery, including

- leaves, cut in half
- 2 medium yellow onions cut in half
- 3 parsley roots, peeled and cut into chunks
- 10 sprigs of fresh parsley
- 8 sprigs of fresh dill
- 1/2 head of cabbage
- 2 leeks cleaned (including the green part)
- 10 peppercorns
- 1 bay leaf
- 1 head of garlic, cut in half crosswise

Place the turkey and the chicken wings in a large pot. Add enough water to cover by 2 inches. Bring the liquid to a boil over medium heat, skimming off any foam that rises to the surface.

Add remaining ingredients. Reduce heat to low and gently stir the stock while allowing to simmer for 2 hours. The broth should be golden in color and very flavorful.

Place in a sieve over a large bowl and strain the broth. Then let it cool completely. Skim and discard any clear yellow fat that rises to the surface.

Find cold relief in your kitchen cupboard

See related story on Taste front.

- QUICK APPLESAUCE**
- 2 cooking apples, peeled and cored
 - 1/2 cup water
 - 2 tablespoons butter
 - 2 tablespoons sugar
 - Pinch grated nutmeg
 - Pinch salt
- Cook the peeled and cored apples in water until tender. Sieve

or mash them and add the butter, sugar and a pinch each of nutmeg and salt. May be served hot or cold.

Recipe courtesy Maggie Boley

- MY FAVORITE CHICKEN SOUP**
- 2 carrots, diced
 - 2 onions, diced
 - 2 stalks celery, diced

- 1 tablespoon butter
- 2 chicken breasts cut into chunks
- 2 cups chicken bouillon
- 1/4 teaspoon thyme
- 1/2 teaspoon parsley
- 1 bay leaf
- Salt and pepper to taste
- 2 cups water (Adults can substitute 2 cups white wine)
- Noodles or rice (optional)

In a large kettle, cook the carrots, onions and celery in butter for about 5 minutes. Place the chicken in kettle and add the water (or wine, if using), the stock, thyme, salt and pepper and bay leaf. Cover and simmer 1 1/2 hours, adding more water if needed. If using noodles or rice, add 1/2 to 1 cup during last 10 minutes of cooking time. Remove bay leaf and sprinkle with parsley before serving. Makes 4 to 6 servings.

Recipe courtesy Maggie Boley

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