

Chef from the Hood Recipes



Chef:

Barbara Kolos, Journeyman Meat Cutter at Fiesta Market, Sebastopol, California

Recipe:

Lazy Noodle SOUP!

Ingredients:

Soup ingredients:

4 to 5 pound chicken cut into 8 pieces
2 tablespoons powdered chicken bullion
1 cup diced fresh onion
1 & 1/2 cups diced fresh celery
2 cups sliced fresh carrots
1 cup frozen peas
1 cup frozen corn
salt & pepper to taste
6 cups of cold water

To make the soup:

Place chicken and other ingredients (except chicken breasts, salt and pepper) in a deep kettle. Add the cold water, and place kettle on flame. When soup boils, add chicken breasts. Cover, reduce heat and cook until breast is tender. Add salt & pepper to taste.

Noodle dough ingredients: 5 large eggs
AND 2 & 1/2 cups flour

To make the noodles: Blend eggs together in a bowl with a fork (like you would to make scrambled eggs). Incorporate the flour into the eggs, a little at a time. Stop when mixture is ALMOST too thick to pour from the bowl. Just before serving soup: Bring the kettle of soup to a boil. Tip the bowl of noodle dough over the kettle, and using a soup spoon to hold back the dough like a dam, allow about half of a spoonful of dough to escape from the bowl at a time. Drop dough this way into the boiling soup until all the dough has been dropped into the kettle of soup. Cover soup kettle and lower heat a bit. Continue to cook another 8 to 10 minutes. Taste a noodle or two. When 'noodles' taste cooked, the soup is ready to serve!

Barbara Kolos learned how to make this wonderful chicken soup from her former mother-in-law who learned how to cook while she was still a young girl growing up in Yugoslavia. Barbara says it was originally called Lazy Woman's Noodle Soup because the recipe was designed to eliminate the time-consuming job of rolling out homemade noodles. (The title also reflected the old notion that women were expected to spend hours in the kitchen everyday). The soup starts out like most homemade chicken soups. But just before serving, spoonfuls of dough are dropped into the boiling broth. This last step creates 'the noodles' which actually resemble little dumplings or gnocchi. If your modern lifestyle allows only enough time for opening cans, file this recipe for the rainy weekends ahead. Barbara says her children and grandchildren love it; her recipe will easily feed a family of six and leftover soup is great reheated. Nobody these days could ever call you lazy for making this beautiful homemade soup!