



Chef ETL's Chicken Noodle Soup

Servings: 10

This is a 2-day recipe that involves letting the stock refrigerate overnight. The cooking times are 4 hours, 20 minutes on Day 1 & 1 hour, 30 minutes on Day 2.



This 2-day recipe may seem extravagant. However, I can't imagine making a better chicken noodle soup.

Day 1: Stock

2 each split chicken breasts (+ any left over carcasses or parts)

2 each chicken thighs, bone in, skin on

2 large onions, chopped

5 each carrots, chopped

4 ribs celery, chopped

6 cloves garlic, crushed with the back of a knife

2 each bay leaf

6 sprigs fresh thyme

3 tablespoons fresh parsley, chopped

2 teaspoons peppercorns, whole

2 teaspoons sea salt

12 cups cold water

Day 2: Soup

2 each chicken thighs, bone in, skin on

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoon canola oil

1 large onion, chopped

1 clove garlic, minced

4 ribs celery, chopped

4 each carrots, chopped

2 each bay leaf

1/4 teaspoon dried thyme

8 ounces egg noodles, uncooked (about 8 ounces)

1 tablespoon chopped fresh parsley

This two-day chicken noodle soup recipe may seem like a culinary adventure, but the result is an unparalleled bowl of comfort that is worth every moment spent in the kitchen. The rich and flavorful broth, coupled with generous amounts of shredded chicken, carrots, and celery, makes this chicken noodle soup a timeless classic.

TIP: STORAGE: Refrigerate up to 5 days or freeze for up to 3 months.

TIP: NOODLES: It will be best to add the noodles to just the amount of soup that you will be eating at one sitting. This way, the noodles will not be soggy.

DAY 1: MAKE STOCK (4 hours + 20 minutes):

Place the chicken, onions, carrots, celery, garlic, bay leaves, thyme, parsley or dill, peppercorns and salt in a large stockpot (at least 10 quart). Add 12 cups of water and bring to a boil.

Reduce the heat to low and cook at a gentle simmer, uncovered, for 4 hours.

Remove chicken, shred and keep refrigerated in a container until ready to make soup.

Taste and adjust with more salt as necessary.

Strain the stock through a fine-mesh strainer and let cool until not hot.

Transfer to containers and refrigerate until completely chilled, overnight or about 6 hours (see TIPS for storage).

DAY 2: MAKE SOUP (1 hour + 30 minutes):

Skim off and remove any fat on the surface of the refrigerated chicken stock. (it is normal for the stock to be gelatinous at this stage).

Pat chicken thighs dry with paper towels; sprinkle with salt and pepper.

In a Dutch oven, heat oil over medium-high heat. Add chicken, skin side down; cook until dark golden brown, 3-4 minutes.

Remove chicken from pan; remove and discard skin.

Discard drippings, reserving 2 tablespoons in Dutch oven.

Add onion to reserved drippings; cook and stir over medium-high heat until tender, 4-5 minutes.

Add garlic; cook 1 minute longer.

Add stock (from DAY 1), stirring to loosen browned bits from pan. Bring to a boil.

Return newly cooked chicken thighs to pot. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.

Transfer chicken thighs to a plate and de-bone and shred when cool enough to handle. Add back to pot with shredded chicken (from DAY 1) and simmer for additional 8 minutes.

Remove soup from heat. Add noodles (SEE TIPS); let stand, covered, until noodles are tender, 20-22 minutes.

Stir in parsley. Discard bay leaves. If desired, adjust seasoning with additional salt and pepper.

Per Serving (excluding unknown items): 322 Calories; 16g Fat (43.1% calories from fat); 18g Protein; 28g Carbohydrate; 4g Dietary Fiber; 95mg Cholesterol; 762mg Sodium; 6g Total Sugars; trace Vitamin D; 91mg Calcium; 2mg Iron; 675mg Potassium; 230mg Phosphorus. Exchanges: .

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