



## Homemade chicken soup with selfmade noodles

amount	ingredients
<b>1 piece</b>	whole <b>BIO</b> chicken
<b>1 piece</b>	<b>herbal bouquet garni</b> (Herbs of thyme, parsley, lovage, rosemary and bay leaves)
<b>1 EL</b>	black <b>peppercorns</b>
<b>8 pieces</b>	<b>juniper berries</b>
<b>4 pieces</b>	<b>cloves</b>
<b>3 pieces</b>	<b>allspice grains</b>
<b>2 pieces</b>	<b>bay leaves</b>
<b>1 piece</b>	<b>star anise</b>
<b>1 TL</b>	<b>mustard seeds</b>
<b>1 pinch</b>	<b>nutmeg</b>
	<b>salt-sugar-mixture</b> in relation <b>5:1</b>
<b>"Activator"</b>	(e.g. 50g salt + 10g sugar = 60g activator I use my herbal salt
<b>2 pieces</b>	<b>BIO onion</b>
<b>2 pieces</b>	<b>BIO garlic cloves</b>
<b>1 piece</b>	<b>leek</b>
<b>1 piece</b>	<b>celery root</b>
<b>4 pieces</b>	<b>big carrots</b>
<b>2-3 stalks</b>	<b>parsley</b>
<b>1 piece</b>	<b>BIO ginger</b>
<b>a few</b>	<b>Roses of broccoli, caramel and Romanesco florets</b> (is packaged as frozen food) <b>water</b> fresh and cold
	<b>salt</b> and <b>pepper</b> to spice up



## homemade soup noodles

finely chopped **chieve** for decoration

### Preparation:

1

Wash the chicken soup neatly with cold water, dab it dry and roughly divide into four parts. Cut the clubs and the wings, cut the breasts left and right, season everything together with the activator, place in a high pot and just cover with water.

2

Now we are dedicated to the soup vegetables.  
Remove the leeks from the lower root structure.  
Cut off the withered leaves and cut the leeks lengthwise to wash.  
After washing, cut roughly into a large bowl.  
Free the celery from its outer shell, also dice it roughly and add it to the leek in the bowl.  
, Peel the shell off the parsley root and carrots and also cut roughly.  
(For carrots from my own garden, I leave the shell on - I wash them only thoroughly)  
When the ginger leave the bowl on it and cut off about 6 slices.  
When onion just cut away the stalk.  
Peel and quarter an onion.  
Cut the second onion in the middle and add the bowl to the other vegetables in the large bowl.  
The same thing happens with the two cloves of garlic.  
Simply cut with the bowl in the middle and add together with broccoli, Karfiol and Romanesco florets in the large bowl to the other vegetables.  
Season with activator, mix well and let soak for about 3-5 minutes.

3

Now give the vegetables to the chicken.  
Now all the spices and the herb bouquet garni are added.  
The juniper berries you have to press lightly, so they can deliver the aroma to the broth.  
Fill with water so that everything is just covered.  
Cover and let it boil on.  
When the soup is boiling, turn down the temperature a little so that it is just simmering.

4

After a while gray foam forms on the surface of the soup.  
You do not have to scoop that foam, but I always do that - that's how my mom and grandma did it.  
The reason is simple: the foam is why the broth is not clear, even a little discolored and dull.  
Therefore, I always scoop the foam away carefully.

The end of the cooking time of this soup is 2-3 hours.  
This means you let the soup for another 1-2 hours after skimming the foam.  
In no case the soup may cook!



5

The vegetables that you want to eat, you can bring out about half an hour  
(You just try with the fork, if the vegetables are so strong)  
or you leave it inside.

Of course, this vegetable is overcooked.

My mom uses this chunky soup for a delicious sauce - me too.

For this reason, I cook my vegetables, which I would like to have in the chicken soup, separately in a pot. In  
between, when the chicken is tender, remove the chicken parts and remove the skin.

Remove the meat from the bones and cut into small pieces.

The bones come back into the soup.

6

At the end of the cooking time everything comes out of the pot, each in a separate bowl.

With the chopped vegetables you can mimic my sauce or process it in a delicious salad.

If there is only more broth in the pot, strain through a sieve with a pass cloth.

I also often use a large coffee filter, because then the soup is more than clear.

Meanwhile, you can boil up the [noodles](#)

(in a separate pot)

Here you will find the recipe for the [homemade pasta](#).

Sauté the vegetables for the soup in the extra pot.

Boil the supple soup again and season with salt, pepper and nutmeg.

Spread the extra cooked vegetables and noodles on plates and pour in the clear, spiced soup.

Serve sprinkled with chives.

Good Appetite.



## Lucina's tips:



I always cook a little more chicken stock and freeze them in tupperware boxes or other [plastic boxes](#). Such a homemade broth is a good base for many other soups, e.g. Chicken soup with liver dumplings, for curry chicken soups and many others as well as for different sauces.

The soup chicken that lands here in the pot may well be a slightly larger and also an older copy. The meat is guaranteed to soften when cooked.

Important: buy an organic chicken or a chicken from the farmer you trust..

„Activator“ I have this trick from star chef Stefan Marquard, [here](#) you can read how it works.

Whenever I harvest leeks in the fall, I make myself freezer bags, in which I freeze it, washed



and roughly cut, for my soup. Then I need to get the bag in the winter only when needed from the chest. I do the same thing with celery.

Out of the overcooked vegetables my mum makes an excellent sauce with the name Sviečková na smotane - I'll get this recipe as soon as possible.



*I wish good luck and*

*buon appetite!!*

*Lucina Cucina*