

# Chef Ali's Chicken Soup

Chef Ali's comforting chicken soup recipe with tender vegetables and perfectly cooked noodles. A soul-warming classic made from scratch.

15 min

PREP

1h 30min

COOK

1h 45min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 1 chicken meat
- 1 onion
- 3 clove garlic
- 2 potato
- 2 carrot
- 2 celery stick
- 1 cup rice noodles
- 1 tbsp fresh lemon juice
- 1 egg
- 1 bay leaf
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika

## Instructions

- 1 Prepare the broth base**

Place 1 whole chicken in a large Dutch oven or stockpot and cover with 12 cups cold water. Bring to a rolling boil over high heat, then immediately reduce heat to low to maintain a gentle simmer.
- 2** Skim any foam and impurities from the surface with a ladle every 5 minutes for the first 30 minutes. Add 1 whole onion, 3 garlic cloves, and 1 bay leaf to the pot.
- 3** Cover and simmer for 1 hour until chicken reaches an internal temperature of 74°C (165°F) when tested with a thermometer in the thickest part of the thigh. Remove chicken from pot and set aside on a cutting board to

cool for 10 minutes.

#### 4 **Add vegetables**

Add 2 diced potatoes, 2 sliced carrots, and 2 chopped celery stalks to the simmering broth. Cook uncovered for 15-20 minutes until vegetables are fork-tender when pierced.

5 Season the broth with 1 teaspoon black pepper, 1 teaspoon paprika, and 1 teaspoon chili lime seasoning. Add 1 teaspoon salt and taste, adjusting seasoning as needed.

#### 6 **Prepare chicken and finish soup**

Remove and discard skin and bones from the cooled chicken, then shred the meat into bite-sized pieces using two forks. Return shredded chicken to the pot and stir to combine.

7 Add 1 cup noodles to the pot and cook for 4-6 minutes until tender but not mushy. Remove and discard the bay leaf.

8 Stir in 1 tablespoon lemon juice. While stirring the soup constantly with one hand, slowly drizzle in 1 beaten egg with the other hand to create thin ribbons throughout the soup. Simmer for 2 more minutes until egg is fully cooked and serve immediately.

## Tips

**Start with Cold Water:** Always begin with cold water when making broth. This allows proteins to coagulate slowly, making foam easier to remove for crystal-clear results.

**Skim Regularly:** Remove foam and impurities from the surface during the first 30 minutes of simmering for the clearest, cleanest-tasting broth.

**Cook Noodles Separately:** If storing leftovers, cook noodles separately and add them when reheating to prevent them from becoming mushy and absorbing too much broth.

**Season in Stages:** Add salt gradually throughout cooking rather than all at once. The broth concentrates as it reduces, so early heavy salting can lead to overseasoned soup.

**Cool Chicken Safely:** Let the cooked chicken cool just until it's safe to handle, then shred immediately. Hot chicken shreds more easily and stays more tender.

**Save the Cooking Liquid:** The vegetable cooking water contains valuable nutrients and flavor. Don't discard it – it's your soup base.

**Test Doneness Properly:** Vegetables should be fork-tender but not mushy. They'll continue cooking slightly in the hot broth even after heat is turned off.

**Adjust Consistency:** If soup is too thick after cooling, thin with additional broth or water. If too thin, simmer uncovered to reduce and concentrate flavors.

