

Matzo Ball Soup

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Starting the Matzo Balls

- 2 large egg yolks (reserve whites)
 - 2 tbsp fresh parsley
 - 2 tbsp melted chicken fat*
 - 1 tsp kosher salt (or to taste)
 - 1/4 tsp freshly ground black pepper (or to taste)
 - 1/4 cup chicken broth
 - 1/2 cup matzo meal
- To start the matzo balls, first chop the parsley. Whisk together the egg yolks, parsley, chicken fat, salt, pepper and chicken broth. Stir in the matzo meal and set aside.
- Chicken Fat is also called schmaltz. It is available at many butchers or you can skim it from the broth as you make it. If you can't find chicken fat, you could use vegetable oil or another fat instead.

Step 2: Finishing the Matzo Balls

- 2 large egg whites (from above)
- To finish the matzo balls, beat the egg whites on medium speed (or by hand) until stiff peaks form. Take about one-third of the egg whites and stir them into the matzo meal mix to loosen it up a bit. Then fold in the remaining egg whites.

Cover this mixture and refrigerate for about 30 minutes or so. This will help to thicken the mixture a bit, making the matzo balls easy to form and keep their shape.

Step 3: Rolling and Cooking the Matzo Balls

- 4 cups water
 - 2 cups chicken broth
 - 2 tsp kosher salt
- To start, bring the water, chicken broth and salt to a boil. Once boiling, turn down to a simmer while you roll the matzo balls.
- To roll the matzo balls, use 2 tablespoons to form the balls. Scoop from one spoon to the other until you form a ball. Then gently place the balls into the simmering liquid. Once all of the balls have been added, cover and let simmer for about 15 minutes. When done, they should just be slightly firm. In the meantime, move ahead to the next step.

Step 4: Finishing and Serving the Soup

- 1 carrot (optional)
 - 6 cups chicken broth (or more, as desired)
- Slice the carrot into rounds. Bring the broth to a boil and then reduce to a simmer while the matzo balls finish cooking. When the matzo balls are almost finished cooking, add the carrots to the simmering broth and cook just until tender.
- Once the matzo balls are finished, remove them from the cooking liquid and place into a bowl. Pour in a cup or so of broth and a few of the cooked carrots (if desired). Top with a bit of fresh dill or parsley and serve immediately.