

Momma Cain's Chicken Noodle Soup

Nothing helps to heal the mind, body and soul quite like a hot cup of chicken noodle soup.

Chef Andrew Cain of Northwell's Northern Westchester Hospital shares one of his favorite recipes, inspired by his mom.

Ingredients:

- 1 whole 4 lb cut-up chicken
- 8 large carrots
- ½ bunch fresh celery
- 2 large yellow onions
- 6 cloves fresh garlic
- ½ bunch thyme
- ½ bunch parsley
- ¼ bunch oregano
- ¼ bunch marjoram
- 12 whole black pepper corns
- 3 bay leaves
- 1 bag of large egg noodles
- Salt and fresh ground black pepper to taste



Method:

- 1) Either purchase a cut-up chicken or cut whole chicken into quarters (breasts, thighs, drumsticks, wings).
- 2) Remove the skin from the chicken and discard.
- 3) Fill pot with 1½ gallons of water or salt-free chicken broth and bring to a simmer.
- 4) Add in half of the celery, carrots, and onion, along with half of the whole garlic cloves, and continue to simmer for about 1½ hours.
- 5) Meanwhile, peel and cut the remaining carrots, onions, and celery into approximately half inch pieces and reserve.
- 6) Clean and finely chop half of the fresh parsley, thyme, oregano and marjoram; take care to reserve the stems.
- 7) Finely mince the remaining half of fresh garlic cloves.
- 8) Once the chicken broth has simmered for about 1½ hours, add the bay leaves, whole pepper corns, and remaining herbs and reserved herb stems.
- 9) Continue to simmer the broth for 30 to 45 minutes.
- 10) When the broth has developed a good flavor, strain the hot broth into a large stock pot. Discard the cooked vegetables.
- 11) Bring the strained broth to a boil, and add chicken parts.
- 12) When the chicken is cooked through, remove the chicken to cool to the point where you can safely cut it into large ½ inch chunks.
- 13) Bring the broth back to a boil and add in the cooked vegetables, cooking them until they are just tender.
- 14) Add in the pasta and chopped herbs and continue to boil until the pasta is cooked.
- 15) When the pasta is cooked and the veggies are tender, add in the cooked diced chicken meat, season to taste with salt and pepper and serve hot.

Notes:

The key to this recipe is carefully timing the cooking of the chicken, vegetables and noodles so everything is cooked perfectly. You can substitute rice for the noodles, or add in rice along with the noodles for a heartier meal. Fresh herbs are preferred, but dried herbs can be used as a substitute.