

MAX'S OYSTER BAR

OFFICIAL RECIPE

SCOTT MILLER
EXECUTIVE CHEF, MAX'S OYSTER BAR

BERNICE MILLER'S CHICKEN MATZO BALL SOUP

INGREDIENTS

Chicken Soup:

1 (5 or 6 pound) hen
2 large celery stalks with leaves, chopped
2 large carrots, sliced in big chunks
2 large parsnips, sliced in big chunks
1 large sweet potato, chopped into big chunks
1 onion, quartered
3 sprigs parsley
3 sprigs fresh dill
Salt and pepper, to taste

Matzo Balls:

4 eggs, lightly beaten
4 tablespoons chicken fat (schmaltz)
½ onion, small dice
1 teaspoon fresh dill
1 cup matzo meal
2 teaspoons salt
1/4 cup hot water
12 cups salted water

DIRECTIONS

Wash the chicken with water and place in pot. Cover with water and bring to a boil over high heat, skimming off bubbling foam as it forms. Add celery, carrots, parsnip, sweet potato, onion, herbs (reserve some dill), salt and pepper and simmer, half-covered at lower heat, for at least 45 minutes, until the chicken seems done. The chicken will come away easily from the bone. Pour soup through strainer to get a clear broth. Let cool. When broth has completely cooled, skim off the fat and save for the matzoh balls. Pull all chicken meat off bones.

In a mixing bowl, mix together 4 eggs and 4 tablespoons chicken fat. Stir in the matzoh meal and salt. Add 1/4 hot water. Cover and refrigerate for at least 1 hour. Form the matzoh dough into balls the size of golf balls. Bring the salted water to a boil. Add the matzoh balls, cover, and cook for 20 minutes (don't even peek!). Bring the chicken broth to a simmer. Remove matzoh balls from hot water with a slotted spoon and add to the simmering chicken broth. Add in chicken, vegetables and more fresh dill.

CHEF MILLERS' MATZO BALL (A.K.A KNEIDLACH) TIPS

- 1) Refrigerate the batter overnight. Many recipes say you can chill batter for a couple of hours, but if you leave it overnight, the matzo meal will absorb more moisture, hold together better, and cook more evenly.
- 2) "SCHMALTZ" The secret to good matzo balls is schmaltz-the Yiddish word for "chicken fat." Fat tenderizes the dumplings. Miller says his grandmother Bernice used to render chicken fat, then add a little chopped chicken skin, chopped dill and onion. She would cook them until crispy, then put them in the middle of the dumplings, like a little surprise
- 3) Salt the cooking water generously. Just like cooking pasta, Matzo balls absorb the water they are cooking in, and if this water isn't salted, they will get blander and blander.
- 4) Wet hands. To shape dumplings, wet hands and toss dough back and forth from palm to palm to shape into a ball.



Mixing Egg and Chicken Fat



Adding the Matzo Meal



Formed Matzo Ball



Finished product