

Classic Chicken Noodle Soup



Preparation time: 150 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Dinner Recipes

There's nothing more comforting than a great chicken noodle soup at the end of a cold day so we've created this delicious warming bowl with spices and topped with the perfect poached egg. Try it for yourself!



Ingredients

BROTH:

- 40g ginger, roughly sliced
- 6 cloves garlic
- 2 star anise
- 1 cinnamon stick
- 1 tbsp sea salt

- 1.5kg chicken
- 4L cold water
- 100mL soy sauce
- 50mL shaoxing wine or sake
- 1 tbs brown sugar

NOODLES:

- 400g 00 or plain flour, plus extra to dust
- Pinch sea salt
- ½ tsp baking powder
- 3 eggs

TO SERVE:

- 6 poached or soft-boiled eggs
- Toasted sesame seeds
- Fried shallots
- Coriander
- Lime wedges
- Sesame oil or chilli oil

Method

1. In a large pot place the ginger, garlic, star anise, cinnamon stick, sea salt and chicken. Cover with the water and bring to the boil over high heat. As soon as it begins to boil, reduce the heat to low and allow it to gently simmer for 1.5 hours, skimming any impurities from the surface as it cooks.
2. Meanwhile for the noodles, tip the flour onto a clean work surface and scatter over the salt and baking powder. Make a well in the centre and crack in the eggs. Gently whisk the eggs and slowly bring in the flour and mix to incorporate. When the dough becomes stiff, use your hands to bring it together – it shouldn’t be too crumbly, but also not sticky. Alternatively combine all of the ingredients in the bowl of the processor and pulse until a rough dough forms. Knead for about 10 minutes until the dough is smooth and elastic. Flatten into a disc, cover with an empty bowl inverted onto the bench or plastic wrap and allow to rest at room temperature for at least 30 minutes.
3. Divide the pasta dough into four pieces. Cover three of the pieces and set aside. On a lightly floured work surface, roll the dough out using a rolling pin into a rough disc shape around 3mm thick. Roll the dough through a pasta machine set to the widest setting, then continue to roll through the narrower settings until the noodle sheet is around 1.5mm thick. Use the spaghetti attachment of your machine to cut the sheet into thin noodles, or alternatively roll up the sheet from the shortest side and cut using a sharp knife to create thin noodles. Flour the noodles so they don’t stick and repeat the process with the remaining dough. Set the noodles aside while you finish the broth.
4. Strain the stock into a smaller pot (you should have around 3 litres). Once cool enough to handle, coarsely shred the chicken meat and set aside in a bowl, discarding the bones and remaining ingredients. Season the broth with the soy sauce, shaoxing wine or sake and sugar and adjust the seasoning accordingly. Keep the pot of broth hot over a low heat while you cook the noodles.
5. Bring a pot of water to the boil and cook the noodles for around 2 minutes or until al dente. Divide the noodles into serving bowls and pour over the hot broth. Add some shredded chicken and top each bowl with a poached egg, sesame seeds, fried shallots, plenty of coriander, lime and sesame or chilli oil.

Recipe by Julia Busuttil

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
930g	3420kJ 817kcal	54.5g	45.2g	11.7g	46.1g	4.1g	2530mg	3.6g

All nutrition values are per serve.

