

Clear Vegetable soup with Kneidlach

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 3 medium carrots, roughly chopped
- ☐ 3 celery stalks, roughly chopped
- ☐ 1 brown onion, rinsed and halved, skin left on
- ☐ 1 leek, sliced lengthwise, rinsed & roughly chopped (white and light green parts only)
- ☐ 3 sprigs of fresh dill
- ☐ 10 sprigs of fresh parsley
- ☐ 10 whole peppercorns
- ☐ 12 cups of water, to cover
- ☐ 1 ½ teaspoons salt
- ☐ 4 cloves garlic, crushed (optional)
- ☐ **KNEIDLACH** (matzo balls)– see recipe
- ☐ **GARNISH:**
- ☐ Parsley or dill, to garnish.

Equipment:

- ☐ Metric measuring spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Large stock pot with lid
- ☐ Wooden spoon
- ☐ Fine mesh strainer
- ☐ Ladle

Method:

1. In a large pot with a lid over high heat, combine all the broth ingredients except the salt. Cover, bring to a simmer, then reduce heat to low and cook covered until all the vegetables are very tender. 40 to 45 minutes.
2. While the broth is simmering, prepare Kneidlach (matzo balls) – see recipe.
3. When the broth is done simmering, strain it through a fine mesh strainer, discarding the solids. You can reserve the carrots to serve.
4. Stir in salt until dissolved, taste, and add more salt if necessary.
5. When ready to serve, add cooked Kneidlach to serving bowls and ladle over broth and carrots, if using. Garnish with herbs and enjoy! 😊