

Supă cu Găluște. Chicken Soup with Dumplings

brunch+lunch > Supă cu Găluște. Chicken Soup with Dumplings

Discover the heart of Romanian traditions with this dish: Supă cu Găluște, a cherished classic that transcends time! Immerse yourself in rich broth and delightful dumplings, a comforting masterpiece passed down through generations.



Serves: **6-8**

Prep Time: **20min**, Cook Time: approx. **2-3 Hours**.

Shopping LIST:

For chicken broth: **1** whole chicken, **2** medium parsnips, **4** average-size carrots, **1** large white onion, $\frac{1}{4}$ medium-size celery root, $\frac{1}{4}$ bunch of fresh parsley, salt and paper to taste.

For dumplings: **3** eggs, **6** tbsp semolina flour.

Method:

Chicken Broth:

- Place the whole chicken in a large pot with cold water. Bring the water to a boil and let the chicken simmer for 1-2 hours, depending on its size and age of the bird. Periodically skim off the foam from the surface; this is crucial for a clear soup.
- While the chicken is simmering, cut all vegetables into large chunks.
- Once the chicken is tender, remove it from the pot.
- Strain the broth through a colander to obtain a clear liquid.
- In a clean pot, add all the vegetables and pour the chicken broth over. Boil for an additional 20 minutes or until the veggies are tender. Remove the vegetables.
- Add the freshly cut parsley and season to taste with salt and pepper.

Prepare Dumplings:

- Whisk the eggs as you would for an omelette. Gradually mix in the semolina flour to prevent lumps, achieving a creamy consistency. Using a soup spoon, gently release spoonfuls of the mixture into the boiling broth. Exercise patience to prevent any breakage in the drops.
- Boil for 5 minutes until the dumplings rise to the surface.

Serve Hot:

- Enjoy the taste of tradition and the joy of shared moments as you serve this Chicken Soup hot.

AlbertKitchen.com



Tip: Best to prepare the dumpling paste about 1 hour before ready to drop it in the soup. This way, the dumplings won't be stone hard but soft.

Maximize Your Ingredients

Make the most of your cooking by incorporating the simmered chicken into a second delightful dish:

- Preheat your oven to 180°C (fan).
- Gently coat the chicken with olive or sunflower oil, season with salt, pepper, and your favorite spices.
- Place the seasoned chicken and the soup vegetables in an ovenproof tray.
- Roast in the oven for 35 minutes to add an extra layer of flavor.

"poftă bună / bon appétit"