

# Chicken Soup

Cold-start extraction from roasted bones. Chicken feet for gelatin. Meat poached separately, never boiled into cotton. Fish sauce and parmesan rind for invisible umami.

Yield: **2.5 L** (6 bowls)    Active: **45 min**    Total: **4 hr**    Simmer: **85–90°C** (never boil)    Thigh done: **74°C**

## INGREDIENTS

METRIC · VOLUME RIGHT COLUMN

### STOCK

Chicken bones + wings (roasted)	2 kg	—
Chicken feet (blanched)	300g	~6
Cold water	4 L	1 gal
Onion, halved, skin on	300g	2
Carrot	200g	2
Leek green tops	150g	2
Celery	100g	2 ribs
Garlic head, halved	1	—
Parmigiano rind	30g	1
Bay, peppercorns, thyme, parsley stems		as below

### CHICKEN (POACHED SEPARATELY)

Thighs, bone-in, skin-on	800g	~4
Split breast (optional)	400g	1
Fine salt (poach liquid)	10g	2 tsp

### BRUNOISE (5 MM)

Leek whites	200g	2
Carrot	200g	2
Celery	150g	3 ribs
Fennel (opt.)	150g	½ bulb
Garlic, grated	10g	3 clv

### FINISH

Fish sauce (Red Boat)	15g	1 tbsp
Lemon juice	20g	1 lem
Parsley, chopped	10g	3 tbsp
Dill (opt.)	5g	1 tbsp
Schmaltz (from stock)	20g	1 tbsp

### STARCH (PICK ONE, COOK SEPARATELY)

Egg noodles / matzo balls / rice / orzo / tortellini

Kit: 8 L stockpot · 4 L poach pot · 4 L soup pot · strainer + cheesecloth/superbag · skimmer · thermometer · tall container for de-fatting

## METHOD

- Roast bones.** 220°C (425°F), single layer, 25–30 min, turn once. Deep mahogany, not carbon.
 

*Maillard on bone surface = hundreds of aromatic compounds raw-bone stock can't produce. — McGee 2004, pp. 778-82*
- Blanch feet.** 60 sec rolling boil, ice shock, peel yellow membrane, trim nails. Into the pot raw.
 

*Feet are ~70% collagen → double the gelatin, flavour unchanged. Restaurant mouth-feel. — Keller, Bouchon 2004*
- Cold start.** Bones + feet in stockpot. Deglaze sheet pan (every brown fleck). Cover with cold water by 5 cm (4 L). Never hot.
 

*Slow climb lets albumen rise as skimmable scum; collagen hydrolyses cleanly. A boil emulsifies fat permanently. — McGee pp. 599-605*
- Climb & skim.** Medium heat to bare simmer (~90 min climb). Skim ruthlessly the first 20 min, then every 15 min for the first hour.
- Aromatics in** at bare simmer: onions, carrots, leek tops, celery, garlic, parm rind, bay, pepper, thyme, parsley stems. Simmer uncovered **2 hr 30–3 hr**. *Never boil*. Top up with hot water if bones exposed.
- Strain without pressing.** Fine mesh + cheesecloth. Pressing = cloudy broth. Chill in ice bath. Lift the fat cap (schmaltz) — jar it.
- Poach the chicken** in parallel. 2 L water + 10 g salt, bare simmer. Thighs skin up, 18–22 min to 74°C internal. Pull into hand-sized pieces, hold in 100 ml poaching liquid.
 

*Above 75°C muscle squeezes out its water → cotton. Separate poach keeps fibres below the threshold. — McGee pp. 148-52; Nosrat 2017*
- Sweat the brunoise** in 20 g schmaltz, medium heat, soft and sweet, no colour, 8–10 min. Salt lightly (3–4 g).
- Combine.** Veg into warmed stock, simmer 10 min. Chicken in last 2 min. Off heat: garlic, fish sauce, lemon, parsley, dill. Taste, adjust salt.
 

*Glutamates from fish sauce + parm rind amplify chicken flavour invisibly. Acid at service preserves lemon's volatiles. — Kenji, SE 2014; Nosrat ch. 3*
- Bowl assembly.** Starch cooked separately → into warm bowl. Ladle soup over. Finish with 1 tsp schmaltz, pepper, parsley, lemon wedge.

**Never boil.** Bare simmer = 85–90°C. Bubbles break occasionally, never roll.

**Seasoning:** Salt lightly at each stage. Final seasoning at the end, by taste. *Never salt heavily up front — reduction concentrates.*

## ELEVATION

### TIER 1 — NO EXTRA TIME

- **Charred onion** — black-char half in dry pan before pot
- **Schmaltz at the bowl** — 1 tsp, aroma bloom
- **White pepper + sesame oil** — Cantonese finish

### TIER 2 — WORTH IT

- **Double stock (remouillage)** — 2nd 2hr simmer on spent bones + feet, combine
- **Toasted rice** — dry-toast 50g, simmer in stock 25 min
- **Matzo balls** — 120g meal, 4 yolks + whipped whites, 60g schmaltz, 60g stock, 2g b.powder, 4g salt, dill. Chill 30 min. Bare simmer covered 30–40 min *in water*.
- **Ginger + scallion** — jook/pho pivot

### TIER 3 — RESTAURANT

- **Consommé raft** — 200g ground chicken + 3 egg whites + 150g mirepoix + 15g tomato paste. Whisk into cold stock, warm gently, raft floats, simmer 45 min through chimney
- **Chicken ballotine** — debone thigh, roll, 62°C sous-vide, sear, slice
- **Skin cracklings** — flat between trays, 160°C until glass-crisp
- **Parmesan foam** — 200ml stock + 50g parm, blitz, iSi

## TROUBLESHOOT

Cloudy broth	Boiled / pressed strainer. Bare simmer only; never press solids.
Greasy	Fat emulsified. Chill + lift cap; blot surface; no rolling boil next time.
Thin body	No feet / no roast / too much water. Add feet; reduce by 25%.
Dry chicken	Cooked with stock past 75°C. Poach separately; rescue in schmaltz + broth.
Flat flavour	No umami / no acid. Salt, then fish sauce or parm rind, then lemon.
Gluey bowl	Starch cooked in soup. Always separate; thin with extra stock now.
Matzo dense	Not chilled / boiled hard. Chill 30 min; covered bare simmer.

## CHARTER PREP & STORAGE

<b>Golden rule</b>	<b>Freeze stock naked. Build soup at reheat.</b>
<b>Bones roasted</b>	3 months frozen. Batch when wings are cheap.
<b>Stock</b>	5 d fridge / 3 mo frozen. Fat cap intact = natural seal.
<b>Schmaltz</b>	2 mo fridge / 6 mo frozen. Strained, small jars.
<b>Chicken pulled</b>	3 d fridge in poaching liquid. Do not shred until service.
<b>Matzo balls</b>	3 d / 1 mo frozen. Reheat gently.
<b>Scaling</b>	×2: 3.5 hr simmer. ×4 (24 bowls): 14 L water, 4 hr. Salt always by taste.
<b>Galley hack</b>	1 L vac bags + 500 ml cubes. Freeze flat. Soup in 15 min at service.