

Cooking Live

with Gosia

Rosół

(Chicken Soup with Noodles)

Ingredients:

One whole chicken (portioned)

Piece of beef (optional)

1 parsnip

1 small celery root

2-3 carrots

1 onion

3-4 celery sticks

Fresh parsley

Fresh dill

2-3 bay leaves

3-4 allspice berries

3-4 black peppercorns

Salt to taste

Maggi liquid to taste

Fresh chopped parsley for garnish

Cooked home-made noodles or angel hair pasta

Steps:

1. Rinse chicken and beef and place in a large pot of lightly salted water water (about 6 quarts).
2. Bring to a boil and reduce to simmer. Skim off any foam that forms. Add spices. Simmer for about 90 minutes.
3. Remove chicken and set aside.
4. Add all of the raw vegetables, add the fresh herbs, add Maggi, adjust salt to taste, and simmer for another 60 minutes.
5. Add pasta to a bowl, add cut carrots from soup, ladle broth over top, add parsley garnish, and serve.

Courtesy of



SEVEN OAKS SENIOR CENTER
Energizing the Lives of Seniors in Perry Hall, MD



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Sałatka z Kurczaka

(Chicken Salad)

Ingredients:

Cooked chicken breast* (left over from Rosół) – cut into small pieces
3-4 celery sticks – chopped
1 small onion – chopped
Mayonnaise
Ranch dressing
Salt and pepper to taste

Steps:

1. Combine first five ingredients into a large mixing bowl.
2. Mix thoroughly, adjust mayonnaise or ranch dressing as needed to ensure the chicken salad is moist.
3. Salt and pepper to taste.
4. Serve plain, on a roll with lettuce and tomato, with crackers or over a bed of greens.

*You can use all of the chicken pieces that were left over from the Rosół if you like.

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