

Matzah ball soup



Matzah balls:

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- 2 large eggs
- 2 tablespoons vegetable oil or coconut oil
- 2 tablespoons vegetable stock
- ½ cup matzo meal
- ¼ teaspoon ground nutmeg (optional)
- ½ teaspoon ground ginger (optional)
- ¼ teaspoon coarse ground black pepper
- 1 tablespoons finely chopped parsley, dill
- ¾ teaspoon salt
- ½ teaspoon baking powder

Soup

(can be vegetarian by using only vegetable stock which is what we will do in class)

- 1 whole chicken (about 4 pounds)
- 2 large onions (cut in quarters)
- 4 parsnips
- 2 stalks celery
- 6 carrots
- **6 tablespoons** chopped fresh parsley (can substitute dried 2 tablespoons)
- **6 tablespoons** snipped dill, divided (can substitute dried 2 tablespoons)
- **1 teaspoon** salt
- ¼ **teaspoon** coarse ground black pepper
- 4 quarts water more or less.