

CHICKEN NOODLE SOUP

(from the Bewitching Kitchen)

2 tablespoons olive oil
2 shallots, halved
6 medium carrots, 3 halved crosswise and 3 peeled and cut into half-moons
4 stalks celery, 2 halved crosswise and 2 cut into half-moons
10 black peppercorns
2 bay leaves
1 large chicken, cut into 8 to 10 pieces, with the skin removed, wings left with skin on
2 quarts water
1/4 cup soy sauce
1 piece ginger (about 1 inch)
2 tablespoons kosher salt
Freshly squeezed lemon juice, to taste, optional
Freshly ground black pepper, for serving
noodles of your choice, amount to taste

Heat the oil in your pressure cooker, add the shallots, and the large pieces of carrots and celery, season lightly with salt and pepper. Sauté until fragrant.

Add the chicken pieces, but do not include the breast. Add water, peppercorns, soy sauce and ginger. Make sure the water covers all the pieces of meat. Close the pressure cooker and cook under pressure for 30 minutes. Release the pressure by running cold water over the lid, or if using the Instant Pot, use the rapid release method.

Strain the liquid passing it through a fine sieve. Discard all solids. You should have at least 8 cups of stock, if you have less, add water to complete the volume. Place the liquid back in the pressure cooker or use another large stockpot. Add the breasts to the stock, then the pieces of carrots and celery reserved earlier. Simmer very gently until the breast is cooked through – it might take 20 minutes, depending on the size of the breasts.

Cook the noodles al dente and rinse them in cold water. Reserve. You'll need about 2 cups cooked noodles for the full amount of soup.

When the breast meat is cooked, remove to a plate and shred the meat with a fork. Add it back to the stock and add the cooked noodles. Adjust seasoning with salt and pepper and squirt a little lemon juice right before serving.

