

Chicken Soup (T.V)

1 whole chicken
carrots, leeks (or onions)
celery, dill, parsley,
sea salt, white peppercorns, or other,
water, parsnips

Method

In a large pot, place the whole chicken with enough water (cold) to cover, add sea salt abt. 2 Tbsps. then take sprigs of parsley, and dill, and celery hearts (with leaves) and thoroughly cleaned leeks and tie them together and place in pot. Simmer about 2 hrs. adding carrots and parsnips the last 1 hr, discard herb bunch, remove chicken and place under broiler to brown, serve with noodles and or matzo balls

Peas Soup.

1 pkg green split peas, or marrow beans, or lentils
3 smoked ham hocks or leftover ham bone, (or heel bone)
4 carrots sliced, $\frac{1}{4}$ cabbage (sliced)
4 med onions (diced and sautéed)
4 outer sticks celery (diced) garlic powder (1 teash)
1 dash rosemary 3 bay leaves 1 dash thyme
oil pinch of oregano, salt (if necessary)
pinch of cayenne, and coriander
4 med potatoes diced, 2 teash brown sugar
pepper, 2 tomatoes or 1 small can, baking soda (1 teash)

Method

Soak beans or peas abt 2 hrs to release gaseous elements, meanwhile sauté onions in oil. Then put everything in large pot with enough water to cover, and cook slowly until ham hocks are tender. add water if necessary

PS try adding 1 quart milk, 2 Tbsps. dill dash of tabasco sauce