



JOAN NATHAN NOSHES AND SOUPS

YEMENITE CHICKEN SOUP WITH DILL, CILANTRO, AND PARSLEY

yield: 6 to 8 servings

Chicken soup . . . is recommended as an excellent food as well as medication.
Moses Maimonides, Medical Aphorisms, twelfth century C.E.

INGREDIENTS

1 whole 3- to 4-pound
(1¹/₃ to 1³/₄-kilo) chicken

2 large onions, peeled and roughly
chopped

8 cloves garlic, peeled and left whole

1 large tomato, almost quartered but not
cut all the way through

2 stalks celery, left whole

2 tablespoons salt, or to taste

1 to 2 tablespoons *hawayij* (see recipe)

3 large carrots, peeled and sliced
into 1/4-inch thick rounds

3 potatoes (about 1¹/₂ pounds/
680 grams), peeled and cut into 1-inch
cubes

1/2 bunch parsley, finely chopped,
divided

1/2 bunch dill, finely chopped, divided

1/2 bunch cilantro, finely chopped,
divided

Zhug to taste

Hilbe (see recipe) to taste

PREPARATION

1. Put the chicken in a large stockpot and cover with cold water by about 3 inches. Bring to a boil, skimming off the foam that forms cook for 30 minutes, continuing to skim as necessary.
2. Add the onions, garlic, tomato, celery stalks, salt, and tablespoon of the *hawayij*. Simmer for another 30 to 45 minutes, or until the chicken is almost tender.
3. Then add the carrots, potatoes, and half of the parsley, dill, and cilantro. Simmer until the vegetables are cooked through. Serve as is, sprinkling each bowl of soup with more of the fresh herbs, or remove the skin and bones from the chicken, then put back in the soup, and refrigerate overnight. The next day, skim off the layer of fat from the top of the soup and reheat, garnishing the soup with the remaining herbs. Serve either way over rice with *zhug*, *hawayij*, and *hilbe*.