Chicken and Fine-Noodle Broth

2 light soup portions, each half of all broth, chicken, vegetables and noodles; add other food separately if serving as a full meal · Active 20 min · Cooking 35 min · Total 55 min

Ingredients

- 5⅔ oz raw skinless boneless chicken breast, fully thawed and cut into ¾ in/2 cm pieces (160 g edible meat)
- 1 small carrot, scrubbed or peeled and cut into very thin half-moons (100 g prepared)
- 2 oz white and pale-green leek, thinly sliced and thoroughly washed (60 g prepared)
- 1¾ oz dry fine wheat vermicelli, broken into short 2 in/5 cm lengths (50 g); choose a product with a 3–5-minute simmer instruction
- 3¾ cups drinking water (900 ml)
- 1 small dried bay leaf
- ½ teaspoon dried thyme leaves (about 0.5 g)
- ⅓ teaspoon fine salt (2 g)
- ⅛ teaspoon black pepper (about 0.25 g)
- 1 teaspoon lemon juice (5 ml)

Set out

Stovetop, 2-liter/about 2-quart saucepan with lid, Knife and separate boards for raw chicken and produce, Colander and bowl for washing leek, Kitchen scale, measuring jug and spoons, Spoon, clean tongs and ladle, Food thermometer, Two soup bowls, Refrigerator and shallow containers for planned leftovers

Allergens

Wheat/gluten. Wheat vermicelli contains wheat/gluten; some products also contain egg. Check pasta and seasoning labels for every intended allergen. The egg-noodle variation adds egg. No commercial stock is hidden in the base recipe.

Make it

1. Prepare the vegetables before handling raw chicken. Split and rinse the leek’s layers until no grit remains, then slice and weigh 60 g. Cut and weigh the carrot. On a separate board, cut the fully thawed chicken; do not wash raw chicken. Wash hands and clean its board and knife, keeping raw juices away from prepared vegetables and serving dishes.

2. Put water, carrot, leek, bay, thyme, salt and pepper in the saucepan. Bring to a boil over medium-high heat, about 5–7 minutes. Lower to a gentle simmer, partly cover and cook 8–10 minutes until the carrot is almost tender.

3. Add the raw chicken pieces, stir to separate and return to a gentle simmer. Partly cover and cook about 8–10 minutes, until the thickest pieces reach 165°F/74°C measured with a clean thermometer. Extend cooking if needed; color alone is not the safety test.

4. Remove the bay. Add all the broken vermicelli and stir. Simmer uncovered for the full package time, usually 3–5 minutes for the specified fine pasta, until no hard center remains. Stir along the base so strands do not clump. If a different product requires longer, cook it fully and extend the total; add small splashes of boiling drinking water if necessary.

5. Turn off the heat and stir in the measured lemon juice. Divide the entire pan into two bowls, sharing chicken and noodles as well as liquid. Serve promptly. There is no additional butter, bread, cream or garnish in the stated recipe.

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A useful detail

The 55-minute total allows 20 minutes to wash leek and prepare the ingredients, plus approximately 35 minutes for heating, vegetables, chicken and short-cooking noodles. All required food fits below roughly two-thirds of a 2-liter pan before simmering. The recipe uses raw fully thawed chicken, not an unspecified older cooked batch.

Keep it well

Promptly divide planned soup leftovers into shallow containers and refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. For quality, freeze promptly chilled portions at 0°F/−18°C for up to 2 months; the noodles will soften. Thaw in the refrigerator. Reheat only what is needed to 165°F/74°C throughout, stirring and adding a little water to loosen the noodles.

Modern recipe and historical connection

Broth appears in Bertrand’s dated 4 May account. The chicken, leek, carrot, noodles, lemon, seasonings and method are new home-recipe choices. This neither reconstructs that broth nor recommends historical or modern medical feeding.

Another way

Replace the leek with the same prepared weight of thinly sliced onion; simmer until tender before adding the chicken. This is another modern flavor choice.

Use 50 g fine egg noodles with the same 3–5-minute package route instead of wheat vermicelli. Cook for their full labeled time and add egg to the allergen list. Do not substitute uncooked rice on the same timing.