

NONI'S EASTER SOUP

1 Whole Chicken or 6 chicken Thighs to reduce the number of bones to clean.
2 Stalks Celery
2-3 Carrots
1 Onion
1lb chop meat
about ½ cup bread crumbs
1 egg
about ¼ cup milk
½ cup cheese
Parsley, chopped

Soup

- Clean chicken and add to oven large capable pot
- Put enough water to cover chicken plus about 2 inches more
 - The final soup will be about 12 cups of broth.
- Clean vegetables and cut in about 2 in pieces and add to large pot
- Salt and pepper to taste
- Bring to a boil (if there is any scum from the chicken just take it out with a slotted spoon)
- Lower heat and let simmer about one hour or more until the chicken is done.
- Take chicken out and put in a bowl (have for dinner that night and make chicken salad with what's left the next day)
- Strain soup and put veggies in a blender with a little soup and puree'
- Add back to soup and store in refrigerator until Easter morning (make the soup wed or thurs before Easter)

Meatballs (you could do this the night before)

- mix chop meat, bread crumbs, egg, milk and cheese together to make small meatballs
- salt and pepper to taste
- meatballs will be added to the soup raw later and will cook in the soup.

Easter morning

- Put soup into large oven capable pot
- Put it on the stove top and bring to a soft boil
- Add meatballs
- Beat 18 eggs with salt and pepper cheese and parsley
- lower heat and slowly add eggs
- Put in oven without a cover
- Bake until knife inserted in center comes out clean (no uncooked egg)

Pour in soup bowls and add extra broth if needed—always save some broth in case you need it

I just measured the pan I use and I put 12 cups of broth for my recipe—you can cut it back accordingly—if you make 6 cups of broth use 9 eggs and cut the chop meat to ½ lb --if you really want to cut corners use swanson chicken broth---enjoy

Sciusceddu (meatballs and egg soup)

Regional name: Sciusceddu

This recipe for ricotta meat balls is delicate, yet very appetizing.



Servings 4

- 4 cups **meat broth**
- 7 oz veal meat, **chopped**
- 2 oz breadcrumbs
- 3 ½ oz **caciocavallo cheese**, **grated**
- 3 eggs
- 3 ½ oz ricotta cheese
- parsley, **chopped**
- salt and pepper

Preparation

30 minutes preparation + 20 minutes cooking

Make a mixture of minced meat, one egg, breadcrumbs, half of the grated Caciocavallo cheese (or Parmesan), chopped parsley and a little water; then form meatballs about the size of a small egg.

In another bowl, beat the eggs with the Ricotta cheese previously sieved, the remaining Caciocavallo cheese and a dash of salt and pepper.

Bring the broth to the boil and dump the meatballs in.

Cook for about twenty minutes, then add the egg mixture, stirring vigorously for a few moments. Remove from heat and serve the “*sciusceddu*” piping hot.

Food History

“*Sciusceddu*” is a dish that comes from the city of Messina in Sicily, where it is traditionally served at Easter. This recipe is one of the many ways to prepare classic Italian **meatballs**.

Meatballs are made throughout the world, however they are believed to have been invented by an Italian in the court of Gengis Kahn.

According to the legend, an Italian doctor, who was being persecuted for having married a Jewish woman, was placed in charge of helping the starving Mongol troops. The soldiers had to travel long distances in very hot areas where their foodstuffs perished quickly.

It is believed that the smart doctor resolved the problem by giving each soldier a ration of chopped, dried, salted meat, which would keep in any condition and which, after being rehydrated with a couple drops of water, would become a meatball. These meat rations become so widespread among the Mongol troops that when their allies, the Croats, found themselves in a state of emergency, the Mongols tied small sacks of dried meat to the legs of messenger pigeons, giving birth to the real “*flying meatballs*”.

Did you know that...

There are two theories for where the name “*sciusceddu*” comes from? One suggests that it derives from the Latin word “*juscelleum*,” meaning soup, and the other sustains that it is from the Sicilian verb “*sciusciare*,” meaning to blow