



INGREDIENTS

SOUP

- 12 cups of chicken stock
- 1 chicken hen
- 4 cups of purified water
- 1 peeled sweet onion + 8 cloves
- 2 chopped celery stalks
- 1 chopped carrot
- 1 sliced tomato
- ¼ TSP of nutmeg
- 3 TBSP of flake salt

EGG BITES

- 6 egg yolks
- 6 egg whites
- Pinch of kosher salt
- ½ cup of AP flour
- ½ cup of Parmigiano-Reggiano
- ½ cup of fresh parsley

POLPETTINI (LITTLE MEATBALLS)

- 400 grams of minced meat
- 1 ½ TSP of flake salt
- 1 beaten egg
- ½ TSP of nutmeg
- ½ cup of Parmigiano-Reggiano
- 1 cup of chopped fresh parsley



CHRISTMAS DAY SOUP

By Caterina Romano's kitchen

DIRECTIONS

1. Heat a large soup pot, bring to a boil and add the hen. After it boils for ½ hour, scum will form in the top of the pot. Remove it and discard it.
2. Peel the onion and place 8 cloves on it.
3. Add the onion, water, celery, carrot, tomato, nutmeg and salt to the pot. Lower the heat and allow to simmer for 3 hours. Stir occasionally and remove scum if it forms.
4. Once cooked, remove the hen from the pot and allow it to cool. Carve the hen into small bite size pieces, place them in a glass bowl and reserve for later. Remove and discard the vegetables.
5. For the egg bites, place the egg yolks in a glass bowl. Add the salt and whip the yolks until they turn pale yellow. Add the flour, cheese and parsley. Mix until well combined.
6. Place the egg whites in a glass bowl. Using a hand mixer, continue mixing until the egg whites reach stiff peaks.
7. Fold in the egg whites with the egg yolk mixture. Mix gently so as to not deflate the egg whites.
8. Preheat the oven to 350 DF.
9. Line a 6 X 8" size baking dish with parchment paper. Place the egg mixture on the dish and spread it out evenly. Bake in oven for 20-25 minutes.
10. In a large bowl combine the minced meat, egg, nutmeg, cheese and parsley. Mix well.
11. Squeeze out as much liquid from the bread. Add to the meat mixture and mix until all is well combined.
12. Preheat the oven to 350 DF.
13. Line a baking tray with parchment paper. Using a very small ice cream scooper, scoop the meat mixture and roll into a small ball. Place it on the tray and continue the process with the rest of the mixture.
14. Bake in oven for 10-12 minutes.
15. Remove the egg bites from the tray. Using a serrated knife cut 1/2 "strips. Then cut each strip into bite sizes.
16. Reheat the soup. Add the hen pieces, egg bites and polpettini. Mix well and over low heat, continue cooking for 20 minutes.
17. Place the soup in a bowl, sprinkle a touch of cheese and serve.

ENJOY THE CHRISTMAS DAY SOUP