



GLUTEN FREE

NEXT LEVEL GLUTEN-FREE

Gluten-Free Chicken and Noodle Soup

WITH RACHEL CIORDAS
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Gluten-Free Chicken and Noodle Soup

serves 4-6

4 bone-in chicken thighs
10 cups (2400g) chicken stock or broth
4 carrots, sliced
2 ribs celery, sliced
1 medium onion, chopped
1 tsp dried or 1 Tb fresh thyme
1 tsp dried or 1 Tb fresh minced rosemary
2 bay leaves
2 cloves garlic, minced
1 tsp (4g) salt
½ tsp (2g) black pepper
1/2 cup (70g) fresh or frozen peas

For the noodles:

2 cups (296g) gluten-free pastry flour (recipe included) or Bob's Red Mill 1 to 1 flour, plus more for rolling
1 tsp (4g) salt
4 whole large eggs

Place chicken in the bottom of a large Dutch Oven or soup pot then add chicken broth, carrot, celery, onion, thyme, rosemary, bay leaves, garlic, salt, and pepper. Bring to a boil then place a lid on top, lower heat and simmer for 30 minutes or until chicken is tender. Remove chicken from pot then shred when cool enough to handle and set aside.

Meanwhile, make the noodles. Whisk together eggs and salt in a small bowl. Add flour to a large bowl then make a well in the center. Pour egg mixture into the well then using a fork, whisk around the edges to gradually add flour to the egg mixture from the sides until a stiff dough has formed. Place dough onto a gluten free floured surface then knead until dough comes together and is smooth.

Cut dough ball in half then roll each half until very thin with a rolling pin, sprinkling with flour and flipping/rotating the dough sheet occasionally to avoid sticking. Using a pizza cutter or knife, cut dough into 2-1/2" by 1/2" strips then toss with extra flour to avoid sticking and place in a container until ready to use. You can also freeze noodles ahead of time for up to 3 months, lightly tossed in gluten free flour so they won't stick in an airtight container.

Once chicken is shredded, sprinkle in the noodles then cook until plump and tender, 13-15 minutes, stirring often to avoid sticking to the bottom of the pot. If liquid gets too thick, add extra chicken broth or water. Add frozen peas and shredded chicken to the pot. Add salt and pepper and let stand 10 minutes off heat. Serve on a day when you need ultimate comfort!!

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This flour is the perfect mix for the cookies, cakes, muffins, and quick-breads in your life. It's light and feathery and gives you a light melting mouthfeel. Different brands of the ingredient flours have different grinds. Finer flours might pack into the cup – while courser flours won't fit nearly as much in a cup, so weighing your ingredients will give you MUCH better results! On a simple scale put a medium to large bowl, shake or spoon on the flours and hit that “Zero” or “tare” button after each one. Voila! Cleanup is nearly nonexistent and you've got a much more reliable flour! Note- this flour is not meant to be used in yeast based recipes, breads and cinnamon rolls need a bit more strength and not as much tenderness.

Gluten Free Pastry Flour Mix

yield: 8 cups (1,177g)

2 cup (260g) sweet white rice flour (mochi flour or mochiko)

2 cup (256g) fine brown rice flour

2 cup (380g) potato starch

1 cup (118g) sorghum flour

1 cup (160g) tapioca flour

4 tsp (3g) xanthan gum

Scoop all ingredients into a large bowl and whisk well to combine. Store in an airtight container.

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