

Golden Get Well Soup

Serves 4-6 : recipe by Molly Baz

Ingredients:

- 10 scallions (I used 2 leeks instead)
- 10 garlic cloves
- 1 (4-inch) piece fresh ginger
- 2 limes
- Cilantro leaves and tender stems
- 1½ pounds bone-in, skin-on chicken thighs (about 4 thighs)
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1¼ teaspoons ground turmeric (I used almost a tablespoon of fresh turmeric)
- kosher salt
- ¾ cup jasmine or basmati rice
- freshly ground black pepper

Instructions:

- Thinly slice 10 scallions crosswise, setting aside about ½ cup of the dark green parts for serving.
- Lightly smash and peel 10 garlic cloves.
- Thinly slice 1 (4-inch) piece of ginger lengthwise into planks. No need to peel it! Just give it a scrub with some water if it looks dirty.
- Heat 2 tablespoons of olive oil in a large Dutch oven over medium heat.
- Add the scallions, garlic, ginger, and 1¼ teaspoons ground turmeric (or 1 tbsp fresh grated).
- Cook, stirring often, until the aromatics are softened and fragrant but not browned, 3 to 4 minutes.

- Add 1½ pounds bone-in, skin-on chicken thighs, 1 tablespoon salt, 9 cups water, and ¾ cup rice to the pot.
- Bring the water to a simmer over medium- high heat.
- Cook, scraping the bottom of the pot if the rice is sticking and reducing the heat as necessary to maintain a simmer, until the rice breaks down and thickens the soup to a porridge-like consistency, 40 to 50 minutes.
- Using tongs, pluck out the chicken and transfer it to a plate to cool.
- While the chicken cools, use a wooden spoon to fish around for the garlic cloves, which at this point will be very, very soft.
- Use the back of the spoon to smash the garlic against the inside walls of the pot to crush and incorporate it into the soup.
- If you feel like it, you can pluck out and discard the sliced ginger at this point as well--it's a little tough to eat, but I usually just eat around it.
- Once the chicken has cooled, remove and discard the skin.
- Use two forks to shred the meat from the bones. Discard the bones.
- Return the shredded meat to the pot and give it a stir.
- Squeeze the juice of 2 limes into the soup.
- Stir in 1 teaspoon black pepper. Taste the soup and add more salt if you think it needs it.
- Divide the soup among soup bowls.
- Garnish it with the reserved sliced scallion greens, some cilantro leaves, a good crank of black pepper, and an additional drizzle of olive oil.

recipe notes:

- I recommend using fresh turmeric! It was fantastic for flavor and felt extra healing.

what you learn:

- I felt like this recipe allowed me to be flexible with ingredients. The type of rice is up to you, I forgot to buy limes so I used lemons, I wanted to use leeks so I bought those instead of scallions, you could use parsley instead of cilantro if need be, you don't even

need to have broth on hand! The chicken thighs and aromatics do it for you. A great recipe.