
Old Fashioned Chicken and Noodles

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

1 large chicken
salt
pepper
2 cubes chicken bouillon
NOODLES
2 1/2 cups flour
2 eggs
1/2 teaspoon salt
1 teaspoon cream of tartar
3/4 cup whipping cream

Cook the chicken in 2-1/2 cups of water. Season with salt and pepper. When tender, debone and cut the meat into pieces. Reserve the broth.

In a bowl, combine the flour, eggs, salt and cream of tartar. Work the ingredients with your fingers to mix well. Gradually add the cream. Continue working the dough, adding only enough cream to make a very dry dough that will gather together.

Flour a large cutting board or countertop generously. Roll the noodle dough very thin, about 1/8 inch or less. Dust flour over the top if sticky. The dough needs to be very dry and flour can be worked in with a rolling pin.

Roll up the dough jely roll style and slice off noodles 1/8 inch thick. The noodle rolls should easily shake out. If not, the dough is still too sticky. These noodles don't need to dry, but do dry well if you want to make them ahead of time.

Add the noodles to 1-3/4 to 2 quarts of boiling chicken broth. Add two chicken bouillon cubes and let the noodles simmer for 15 minutes, or until done, before adding the chicken. Add the chicken, salt and pepper to taste.

(For a variation, substitute beef for the chicken to make hearty beef and noodles.)

Chicken

Per Serving (excluding unknown items): 861 Calories; 52g Fat (55.9% calories from fat); 52g Protein; 42g Carbohydrate; 2g Dietary Fiber; 338mg Cholesterol; 882mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 6 1/2 Fat.