

In honour of May, Asian and Jewish Heritage Months The Asian and Jewish Heritage Committees are pleased to present:

Chicken Soup, Chicken Soup



[Access the book on the TDSB Virtual Library-ReadWatchLearn](#)

Look for the Chicken Soup Chicken Soup icon under Read.
Only available until May 30, 2021.

<https://www.tdsb.on.ca/library/HOME/Read-Watch-Learn?schoolNo=0>

[Interested in a hard copy?](#)

Discount available to TDSB educators

<http://www.crosscaneducation.com/pdf/CCE-TDSB-PROMO-CSCS.pdf>

[Comprehensive teachers' resource](#)

(activities, lesson plans – everything teachers need!)

<https://drive.google.com/file/d/1MrvSTehBf8Bq5aT7a6ax4AN3vjOllwef/view?usp=sharing>

[Live from Hollywood PS](#) – Author Pamela Mayer reads the book to a Grade one/two class with student questions

https://youtu.be/xn2Ur_6vCsg

[Celebrity chefs step aside](#)

Want to learn how to make chicken soup? Watch Trustee Laskin, Trustee Wong, and the family of Trustee Chernos Lin cook from their homes <https://youtu.be/GYjKkWrGiJw>

We Need Your Chicken Soup Recipes!

The TDSB Chicken Soup Recipe Book will reflect the incredibly diverse communities that make up the TDSB and feature recipes from as many countries, cultures, religions, and Indigenous communities that we as a Board represent. We know this is an ambitious task, but the variety of chicken soup recipes is a warm and hearty reminder that we are all “a little different, a lot the same”...

The Recipe Book will be published in September and sold by schools that are interested as part of a fundraiser for the Toronto Foundation for Student Success (TFSS), our partner that provides our schools with financial assistance for food programs. We are thrilled to be able to support such a wonderful, worthy cause!

We are asking that students, their families, staff – anyone in the TDSB family – submit their chicken soup recipe, preferably with pictures of the soup, the family cooking the soup, or just photos of the generations of

family who have passed down the recipe. We also would like a story of where the soup originated and its significance to the family.

Educators can submit these recipes using the [Google Form](#) attached. Students/family members should forward their recipe to their teacher who can submit using the Google Form. We regret that we may not be able to use all the recipes. Anyone whose recipes are selected for the Book will be contacted by a member of the Asian or Jewish Heritage Committees.
Deadline for submission is May 31, 2021.

For assistance with uploading the document (including a video), teachers can click [this link](#). If you need further assistance on uploading, you can email Lara Donsky at lara.donsky@tdsb.on.ca, Melvin Lowe at melvin.lowe@tdsb.on.ca or Susan Sidlofsky at susan.sidlofsky@tdsb.on.ca for support.

Chicken Soup (Laskin Family Recipe)

Adapted from my mother's recipe (roast the chicken bones and add a sweet potato!)

Serves	12
Prep Time	15 min
Cook Time	2½ - 3 hours

Ingredients:

- 16 cups water (add more to ensure all ingredients are covered)
- 2 pkgs chicken bones (I use Kosher Chicken – about 1kg – these will be roasted as suggested by my son who is a Chef)
- 2 chicken breasts (with skin and bone – you can use thighs if you prefer)
- 1 sweet potato (peeled and cut in half – adapted from Grandma B – adds rich colour)
- 2 large or 4 medium carrots (peeled and cut in chunks)
- 1 large or 2 medium parsnips (peeled and cut in chunks)
- 2 small or 1 large onion (peeled and left whole)
- 2 stalks celery (cut in half – leave on leaves if desired)
- Fresh Parsley (chop a small handful)
- Fresh Dill (chop a small handful – my mom always added dill for sweetness)
- 1 garlic clove
- ½ Teaspoon Salt (or to taste)
- ½ Teaspoon Pepper (or to taste)

Directions:

1. Roast the chicken bones and chicken breasts in a 450°F oven 25-30 minutes until brown.
2. Prepare all vegetables. Fill a big pot with 16 cups of water, add salt, pepper and garlic.
3. Add browned chicken (bones and skin and drippings too) and onions, celery, parsnips, sweet potato, and carrots.
4. Reduce heat and simmer for 2 - 2½ hours until chicken is tender.
5. Add in parsley and fresh dill as desired and adjust seasoning and simmer for another 15 minutes.
6. Take off the heat, cool and strain for clear broth (once cold you can also skim fat and save for matzo balls and/or you can slice the carrots and/or shred the chicken and add back if desired; otherwise the boiled chicken can be used for chicken salad or sandwiches).

My Mother's Recipe

My mother Adele (Tritt) would have followed the recipe from her mother, Leza (Schwarzkopf) who was born in Odessa, Ukraine (then part of the Russian Empire) in 1888 and emigrated to Canada before she was 20. She was trained as a pharmacist but didn't like the pharmacies in Canada as they sold other things besides medications, so she quit and went to secretarial school. A professional woman at the turn of the century! I remember my Grandma Leza making chicken soup for Jewish holidays and then, as they say, from generation to generation, my mother began making the soup for family gatherings – memories flood every time I make and serve chicken soup with matzo balls for the Jewish holidays as I serve the soup in my mother's china. It tastes like memories.

Over the years the recipe has adapted – I added in a garlic clove and parsnips to make it sweeter. I liked the colour of my sister-in-law's mother's soup (Grandma B) and added a sweet potato as she does. My son who went to culinary school and is now an Executive Chef suggested I brown the chicken for richer flavour. And now it's my turn – my daughter now has taken over making the matzo balls!

Chicken Soup with Matzo Ball in my mother's china Cooking the matzo balls in the soup



My mom, Grandma Leza and me 1978

