

KFCHICKEN NOODLE SOUP

I dunno, but I think this may be one of my more “original” ones. This is also one of those dishes that may just be better as leftovers. Born of my KFC wings (in fact you need to make KFC Wings BEFORE you can make this), this became one of those addictive dishes that you HAVE to eat if you just happen to look at it in the fridge. This first iteration was fantastic, but more casserolely than soupy, so this iteration adds more stock. It also doubles up on the veggies.

INGREDIENTS

THE SEASONING (ONE BATCH)

Qty.	Unit	Item
4	TSP	Morton's Kosher Salt
1	TBSP	Accent
2	TSP	White Sugar
2	TSP	Black Pepper
1/2	TSP	White Pepper
1/2	TSP	Paprika
1/2	TSP	Savory (Ground)
1/2	TSP	Sage (Ground)
1/4	TSP	Ginger (Ground)
1/4	TSP	Majorim (Ground)
1/4	TSP	Onion Powder
1/8	TSP	Garlic Powder
1/8	TSP	Cayenne Pepper

THE OTHER STUFF

Qty.	Unit	Item
1	-----	Reserved Juice from KFC Wings
4	-----	Chicken Thighs
2	16 oz. Bags	Frozen Mixed Vegetables
1	12 oz. Bag	Wide Egg Noodles
2	32 oz. Boxes	Chicken Stock with No Salt Added
1	-----	Mediumish Lime
1	Bunch	Green Onions
1	-----	Mediumish Roma Tomato

You should have about 1 qt of reserved juice from the KFC wings. Remember, this is the juice that was NOT used for the egg wash

As far as chicken stock goes, I am not a connoisseur, otherwise I would be making my own. I do like the College Inn brand, BUT I have not really done any brand comparisons. If you can't find the no salt version, you'll need to keep an eye on the seasonings. The last bit is season to taste, so this should not be a big deal.

SPECIAL TOOLS

- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]
- Sous Vide Machine [ii]

PREPARATION

- 1) Well, first you have to make KFC wings to get the juice BUT you can do that the week before if you want; it stores pretty well in the fridge
- 2) Check Sous Vide water and add / replace if necessary [iv]
- 3) Heat Sous Vide to 176 deg. F
- 4) While water is heating, make (Qty. 2) 4 line vac seal bags
- 5) Mix 2 batches of seasoning in separate containers [v, vi]
- 6) Re-whisk one of the batches and split into two halves
- 7) Rinse the green onions, slice off the roots, and remove any funky, wilted, or otherwise undesirable bits
- 8) Thin slice the green onions and put in a Tupperware container in the fridge until needed
- 9) Rinse the Roma tomato and cut out the stem bit and whatever the bit on the other side is called
- 10) Small dice the Roma tomato and put in a Tupperware container in the fridge until needed
- 11) For vac seal bag [vii]
 - a. Add two chicken thighs
 - b. Add a half batch of the seasoning
 - c. Roll down the bag to close with several folds and secure with 4 medium binder clips
 - d. Shake the bag until the dry brine ingredients evenly and thoroughly coat the chicken thighs
- 12) Vac seal the bags and put in the fridge until the Sous Vide reaches temperature
- 13) Once the Sous Vide reaches temperature, add the bag's o' chicken. Add water to cover as needed. Make sure that the bags are secured enough so that they do not float above the water line
- 14) Once the Sous Vide recovers temperature, cook for a minimum of 4 hours, but no longer than 8. If the thighs are frozen, add an additional half hour [iii]
- 15) When the Sous Vide is done, drain each bag through a strainer over a 1 quart measuring cup. Cover with saucers and let cool until handleable
- 16) Add the reserved juice from the KFC wings to a largish pot (around 7 qts) and heat on low
- 17) Hand pull the chicken into smallish (but not too small!) pieces and put in fridge until needed
- 18) Pour the drained juice from the chicken thighs into the pot with the KFC Wings juice

- 19) Add the (Qty. 2) boxes of unsalted chicken stock to the pot.
- 20) Increase the heat to the pot until it returns to a low simmer and adjust heat to maintain
- 21) Re-whisk the second batch of spice / herb mix
- 22) Taste stock and stir in seasoning from the second batch a little at a time until you get it to where you want it. You may not use all of it
- 23) Add the (Qty. 2) 16 oz. bags of frozen vegetables
- 24) Add the pulled chicken
- 25) Increase the heat to the pot until it returns to a low simmer and adjust heat to maintain
- 26) Continue to heat until the vegetables are warmed, stirring occasionally
- 27) Add the noodles and cook to your desired level of doneness, gently stirring occasionally, maybe 5 - 10 minutes
- 28) Stir in the juice from one lime
- 29) Plate (well, bowl) the soup
- 30) Top with the sliced green onions and diced tomatoes
- 31) ENJOY!!!

CLOSING THOUGHTS

Well, what can I say? This was freakin' TASTY! This time I added 1 TSP of extra spice mix to the broth, but in hind sight, I don't think it was necessary. If you want to cut down on the salt and spice even more, cut down on the spice mix that you add to the Sous Vide bags with the chicken thighs

NOTES

- i. These are VERY handy, especially if you are pouring in liquid
- ii. I have the Sous Vide Supreme, but there are a lot of options out there
- iii. Sous Vide is generally pretty forgiving if you go long on cook times
- iv. Yes, they say you should not use old water, but I have never had a problem with it. I have a threshold of funkiness before I replace it
- v. Please note that the list of ingredients above is for ONE BATCH
- vi. You can mix these ahead of time and store in Tupperware containers in the fridge
- vii. These steps need to be performed in sequence; if you wait too long after you add the seasoning, it will cake and not evenly distribute over the wings

PICTURES









