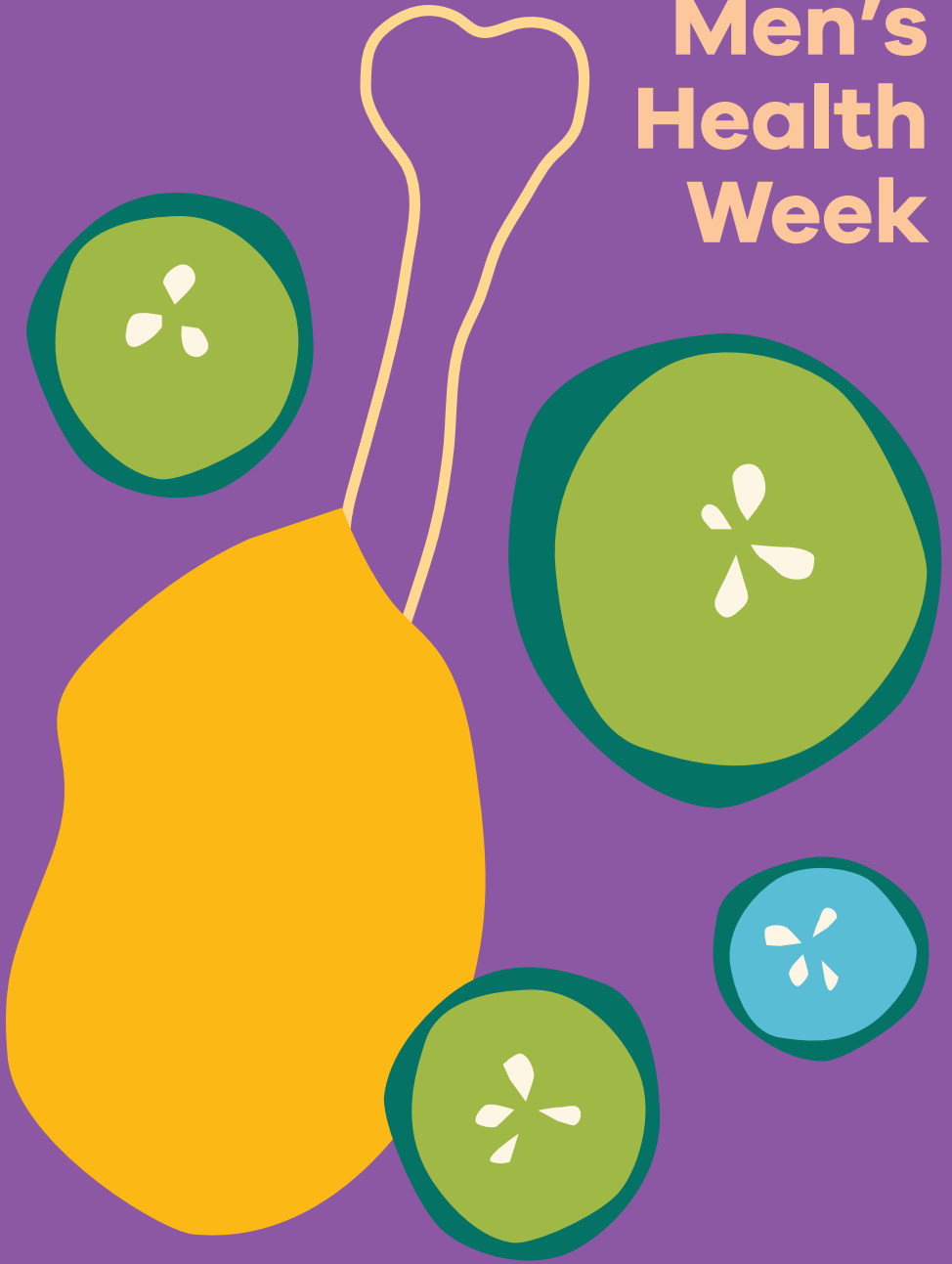


# Men's Health Week



**Chicken Soup**  
**BY RABBI GABI KALTMANN**

ARK CENTRE IN HAWTHORN EAST



**The ARK Centre is an Orthodox Community Centre with a Shule in the middle. It offers a range of services and programs, including ARK Catering.**

They call chicken soup Jewish penicillin. While it sounds like a joke, in Jewish culture chicken soup is renowned for its healing properties. Jewish grandmothers spend hours perfecting their recipes, which are carefully preserved and handed down through generations. When I am sick, I know that the first thing I crave is a bowl of chicken soup!

This is my great-grandmother’s recipe, and I can guarantee that one bowl will make you feel better. Food plays a large part in Jewish celebrations, and this recipe is a link in the chain of my family history.

I enjoy sharing food because it’s a great way to celebrate heritage and culture. People come from all walks of life and sharing a meal can break down barriers. Conversations can easily shift from your differences to a shared appreciation of the food in front of you.

Food is a language in itself; each dish is prepared with love and careful attention, and it’s a love language that I enjoy being part of.

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**Ingredients**

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- SERVES 4**
- 1kg of chicken frames**
  - 3 onions chopped**
  - Bunch of carrots chopped**
  - 2 zucchinis chopped**
  - 3 potatoes diced**
  - Salt to season**

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**Method**

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- Fill a big stockpot with water and combine all ingredients.
- Let the soup simmer for 12 hours and serve (or freeze in portioned containers).