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Chicken and Noodles

Michael Yancey

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Michael Yancey
Chicken and Noodles

This recipe comes from my great grandma. If I'm honest I should put the word recipe in quotations as there is no set recipe. This is something that we just did, and did enough times that we knew what to do. As such I've had to estimate a lot of the measurements and will put this caveat here: This is largely to taste and open to interpretation. You don't have to stick to anything I put here. Do what you think will work best, so long as you enjoy it. This word of advice fits for Chicken and Noodles because although the recipe has stayed more or less the same though the years every generation has added to it. My addition is putting cream cheese in the potatoes, though I learned a few weeks ago my uncle does the same. It is very much not a finicky recipe that demands precision, rather a simple home-cooking kind of dish that changes slightly every time you make it.

I chose this dish because it's a, so far as I know, unique family dish. I know of no one else that serves soup on top of mashed potatoes. I also chose it because it's an excellent example of Pioneer ingenuity and Depression necessity. Chicken and Noodles is a hearty dish with lots of carbs, what one could call real "Stick to your ribs" fare. It is an ideal dish for a large family living in hard times. It takes one chicken and spreads it out for an entire meal, leaves the eater well fed with relatively little food expenditure, and makes one able to go out and work on one dish. It is perfect Depression food.