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# Amaranth

a journal of food writing and art

featuring:

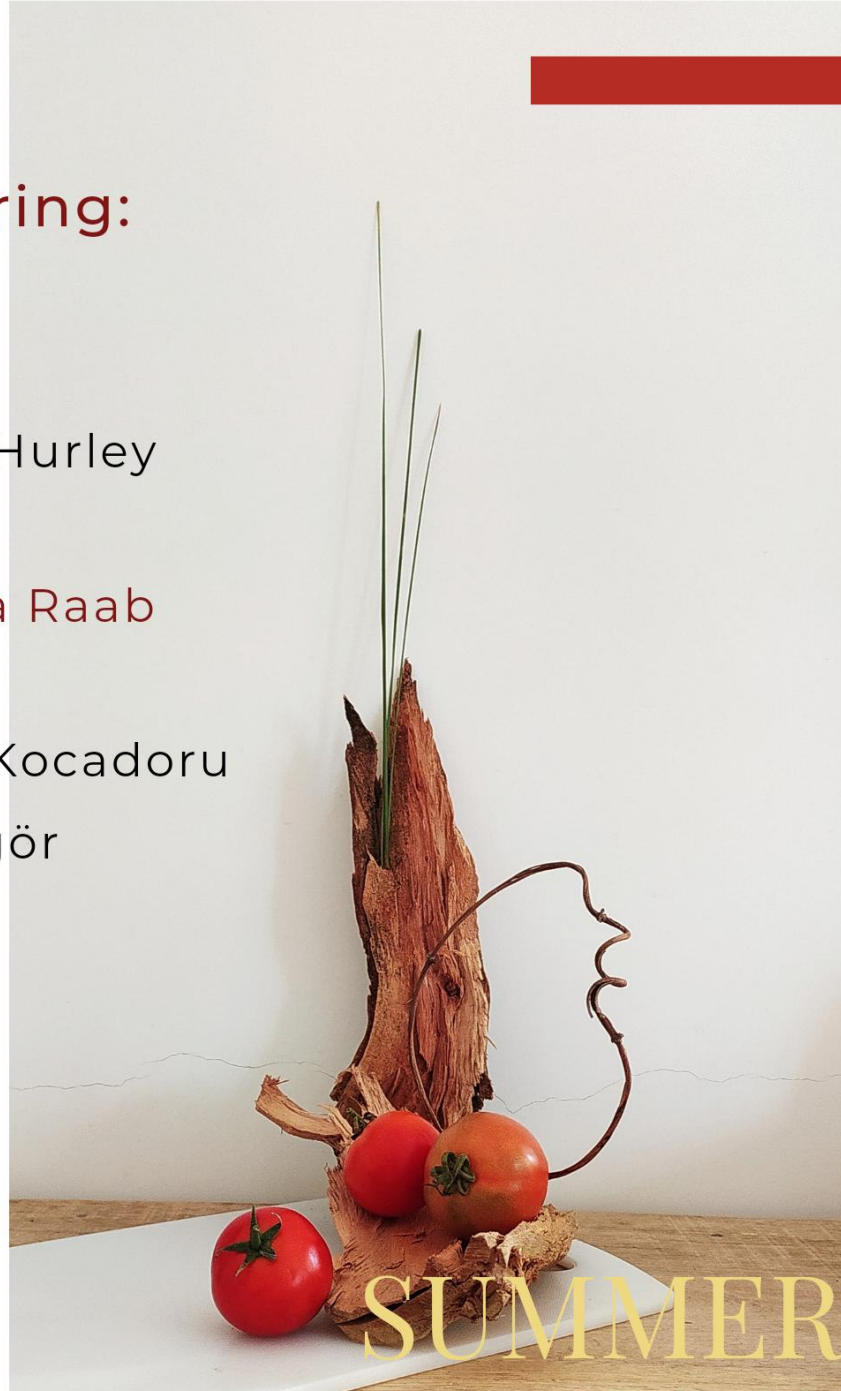
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SUMMER

2023

# Chicken Soup

Diana Raab

As a child, I loved visiting Aunt Silva's  
66<sup>th</sup> Street apartment on New York City's West Side  
and how the fragrance of chicken soup permeated  
that corridor leading to apartment ICW.

It's as if love poured under her metal door  
all the way down the hallway:  
that aroma of chicken and vegetables  
simmering in a large pot on her small kitchen stove  
in front of a yellow-tiled backdrop,  
as I watched her skim fat off its top  
and teach me to use white pepper,  
not black because it ruins  
the look of the soup.

I loved the steam coming from her soup  
and how it warmed me on cold winter days.  
On inhalation, I felt instantly healed  
as I watched her put soup through the strainer  
into her biggest metal mixing bowl  
and then the ingredients became the main meal,  
with a cup of soup poured over.

For generations, this soup has been called  
Jewish penicillin because one cannot help  
but feel better with all its goodness  
and love poured into a porcelain soup  
bowl with golden rim.

Science has even told us  
that the tryptophan in chicken  
produces serotonin – comforting  
and hydrating during sick times,  
as the steam from the bowl clears sinuses  
that we had no idea were stuffed.

It's no surprise that my children's freezers  
have jars of my chicken soup  
moved from one home  
to the next, because like a first aid kit  
it can cure anything  
from colds to a broken heart.



**Diana Raab**, MFA, Ph.D., is a poet, memoirist, blogger, speaker, and award-winning author of thirteen books of poetry and nonfiction. Her writings have been published and anthologized world-wide. She blogs for *Psychology Today*, *The Wisdom Daily* and *Thrive Global* and is a guest blogger for many others. She frequently speaks on writing for healing and transformation based on her book: *Writing for Bliss: A Seven-Step Program for Telling Your Story and Transforming Your Life*. Her latest

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