

# Time Out

## New York

# Eat Out

THE CITY'S BEST RESTAURANTS, BARS AND CULINARY RICHES



**SAY AHH** Tea & Sympathy's thick and chunky chicken soup is good for what ails you.

**F**or nine long and often delirious days at the end of December, I was stuck in bed with the kind of sore throat, fever, muscle aches and throbbing head that would do the makers of NyQuil proud.

My cough made me sound like I had a two-pack-a-day habit; my chest felt like I was in end-stage emphysema. I had the flu, and it was bad. Very bad.

For the first three days, I couldn't even think about eating (that's how I know I was delirious). Of course, I was only awake for about six hours, total. On Day Four, a friend, braving the germ-infested bedroom where I was lying in state, arrived bearing a humble plastic container.... In it was what would become my salvation: piping hot chicken soup from Artie's New York Delicatessen, an old-fashioned eatery that opened recently in my Upper West Side neighborhood. Barely able to swallow without disturbing the flaming sword that seemed to be

lodged in my throat, I somehow managed to inhale half the container, matzo ball and all. As I drifted back to sleep, I realized that for a good five minutes, my nasal passages were functional and my throat wasn't on fire. I was hooked.

Twice a day for the duration of my illness, from the comfort of my bed, I explored my options at several more places and came away with a couple of eye-opening facts. First, there are as many variations on what we generically describe as "chicken soup" as there are theories on why Hillary sticks with Bill. (It should be noted, however, that just as New York is a thin-crust town, it is also a mostly matzo-ball town when it comes to chicken soup.) Second, I have no doubt that chicken soup played a part in my miraculous recovery—and while I'm not sure which incarnation was most therapeutic, I have a pretty good idea.

As the new poster girl for Chicken Soup (and, it goes without saying, Flu Shots), I spent the

better part of the past month going all over town taste-testing offerings, canvassing friends for their neighborhood raves and even having soup delivered to others who were felled by the dreaded bug. What follows are our findings, in alphabetical order, accompanied by such crucial details as the free-delivery radius, caveats like the minimum-order charge, and—perhaps most significant when you're lying there feeling like you'll never be able to get out of bed again—the approximate length of the wait for delivery. (When soup was delivered to sick friends, actual delivery times were recorded; in other cases, the restaurant's estimate is provided.) The way I see it, this is the least I could do.

#### Artie's New York Delicatessen

2290 Broadway between 83rd and 84th Sts (212-579-5959)

Based on a recipe of co-owner Jeffrey Bank's grandmother, this comforting, deliciously nostalgic incarnation would surely make grandma *kwell*. It contains just enough fine egg noodles, chopped carrots and celery, an aromatic blend of fresh herbs and seasonings—plus a matzo ball as big as a softball (no lie) and as fluffy as an issue of *In Style*. ("We use real schmaltz and a little baking powder," reveals co-owner Chris Metz.)

**Price:** \$3.25 a pint, \$5.95 a quart

**Free Delivery:** From 67th to 106th Sts and Central Park West to Riverside Dr; delivers citywide for a fee and a higher minimum-order charge (both depending on distance).

**Waiting time (from ordering to delivery):** Took 20 minutes to arrive at an address eight blocks away.

**Delivery hours:** 11am–10:45 pm

**Caveats:** \$10 minimum order

**Perks:** Comes with two slices of rye bread; after first phone order, your address is in the computer system (sparing your vocal cords).

#### Brooklyn Diner

212 W 57th St between Seventh Ave and Broadway (212-581-8900)

This rich and satisfying soup gives diner fare a good name. Based on a recipe from owner Shelly Fireman's grandmother, the soup is loaded with thin egg noodles, pieces of tender chicken, diced carrots and onions, and lots and lots of chopped fresh dill.

**Price:** \$7.50 a pint, \$13.75 a quart

**Free delivery:** From 52nd St to Central Park South and Fifth to Ninth Aves; will deliver beyond for a fee (based on distance).