

Chicken Consommé

Description:

Serving Size: 8 Liters

Categories: Soups

Cost Per Liter
\$ 1.87

Action **Date** **Initials**

Created: 7/1/2012 CR

Revised:

Amount	Measure	Ingredient	Preparation Method	Product No.
0.600	kg	Carrots	peeled, cleaned	20-100000811
0.800	kg	Onions	peeled, cleaned	20-100000835
0.400	kg	Leeks	cleaned	20-100000820
0.200	kg	Celery stalks		20-100000813
1.200	kg	Tomatoes		20-100000855
1.000	kg	Egg whites		20-100000953
0.002	kg	Rosemary sprigs (4)		20-100000879
0.002	kg	Thyme sprigs (4)		20-100000886
0.002	kg	Bay leaves (4)		20-100001270
4.000	kg	Chicken meat (2kg net)	minced	20-100000984
10.000	lt	Chicken stock	see recipe	50-100000046
0.040	kg	Red beet	washed	20-100000806

Method of Preparation:

- Run the carrots, onions, leeks, celery, tomatoes through the bowl chopper or pulse in a processor. Put in a heavy bottom pot/kettle.
Stir the egg whites, rosemary, thyme, bay leaves and chicken meat into the vegetable mixture. Stir well
- Add the COLD stock and mix well.
- Place on the stove on low heat and slowly bring to a gentle simmer.
- When a cake (raft or clarification) has started to form on the top of the soup, push it to one side and drop in one cut red beetroot.
- Simmer gently for 1 hour.
- Push the cake to one side and carefully strain through cheesecloth.