

## CHICKEN CONSOMMÉ CELESTINE

Makes 16 – 8 oz. portions

### For the Chicken Stock

Unit	Ingredient
8 lbs.	Chicken Bones, cut into 3-inch pieces
1 Gallon	Cold Water
2 Tsp.	Salt
8 ounces Medium	Diced Onion
4 ounces Medium	Diced Carrot
4 ounces Medium	Diced Celery
1	Sachet d' Épices

### Sachet d' Épices

Unit	Ingredient
3 - 4	Parsley Stems
1 Sprig	Fresh Thyme
1	Bay Leaf
1 Tsp.	Cracked White Peppercorns
1	Garlic Clove Crushed
	Butcher Twine
6" x 6"	Cheesecloth

Place ingredients in the center of the cheesecloth, pull ends together forming a pouch, tie pouch with butcher twine to secure ingredients.

### Method

- Rinse the bones under cool running water and place them in a stockpot.
- Add the cold water and salt. (Water should cover the bones by about 2".) Slowly bring the stock to a simmer. Skim the surface as necessary.
- Simmer 3 to 4 hours.
- Add carrots, onions, celery and Sachet d' Épices. Continue to simmer for one additional hour, skimming as necessary and tasting from time to time.
- Strain stock, rapidly cool and store in refrigerator.

### For the Consommé

Unit	Ingredient
8 ounces	Onion Minced
4 ounces	Celery Minced
4 ounces	Carrots Minced
3 lbs.	Lean Ground Chicken Breast
10	Egg Whites, Beaten
8 ounces	Diced Tomato
1 gallon	Chicken Stock
4 – 6	Cracked White Peppercorns
1 Sprig	Thyme Course Chopped
1	Bay Leaf Crushed
1 Tlbs.	Salt

### Method

- Have the clarification ingredients very cold at the start of cooking time.
- In a large bowl combine all the ingredients except the tomato. Add the tomatoes just before cooking the consommé. Add enough cold stock to loosen the clarification.
- Place the stock and clarification in the stock pot; bring it to a simmer, stirring frequently, until the raft begins to form. Continue to stir the consommé so that the clarification ingredients do not stick to the pot or scorch. As it heats up, the clarification ingredients begin to turn gray and coalesce into a large soft mass, which is known as a raft. This occurs at a temperature range of approximately 120 to 125 degrees. Stop stirring the consommé at this temperature and adjust the heat until only a few small bubbles break the surfaces. If there is a strong simmering or boiling action, the raft might break apart before it has sufficiently cleared and flavored the consommé. On the other hand, if the heat is too low, impurities may not rise from the bottom of the pot to the top, where they can be trapped by the raft.
- Simmer without stirring once the clarification ingredients cook together into a raft. Basting assures that the fullest flavor will develop and prevent the raft from drying out and potentially breaking. As the consommé continues to simmer, the meat and eggs will naturally coagulate, form the raft. The simmering action of the soup carries impurities from the bottom of the pot to the raft, where they are trapped. This action clarifies the soup. The simmering action may also cause a small hole to form in the raft. If a small opening does not form on its own, using a spoon or ladle to gently poke through the raft so that you can taste the consommé as it develops and make any necessary seasoning adjustments. The hole should be just large enough to accommodate a small ladle. Simmer gently for approximately 1.5 hours until the flavor, color and body are fully developed.
- Strain the consume using a fine-mesh sieve lined with a coffee filter. Avoid breaking up the raft as you strain the consommé and don't pour the consommé and raft into a strainer, because this will release impurities and cloud the soup.

## CHICKEN CONSOMMÉ CELESTINE

### For the Crepes

Makes 20 ounces of batter

Unit	Ingredient
10 ounces	Milk
6 ounces	Eggs
1 ounce	Oil
½ ounce	Sugar
1 ½ Tsp.	Salt
4 ounces	Flour

### Method

- Blend the milk, eggs, oil, sugar and salt in a bowl. Add the flour and whisk until evenly blended.
- Strain the batter through a fine sieve. Let the batter rest under refrigeration for at least 30 minutes and up to 8 hours.
- Heat a non stick sauté pan over medium high heat. Brush pan with oil, place 2 oz. of batter in center of pan. Lift pan and rotate in a circular motion distributing batter evenly over the entire surface of the pan. When the edges of the crepe start to brown carefully turn crepe over and cook briefly on opposite side. Turn finished crepe out onto a parchment lined tray and continue process until all batter has been used.
- Fold crepes in thirds and julienne using a sharp knife.
- Add julienne crepes to consommé just moments before serving.

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