

### *Consommé de Volaille*

<b>Ingredients</b>	<b>Cooking Utensils</b>	<b>Serving</b>
<b>Utensils</b>		
1 lb. lean beef with bones	knife and cutting board	soup tureen
4 to 5 lbs. stewing chicken	measuring cup	serving ladle
12 1/2 cups water	measuring spoons	soup bowls
2 tsp. salt	roasting pan with rack	soup spoons
1 medium onion	soup pot	
1 medium carrot	wooden spoon	
1 medium turnip	vegetable peeler	
1 stick celery	large mixing bowl	
1 bunch thyme	strainer	
2 bay leaves	2 small bowls	
6 black peppercorns	whisk	
2 eggs	muslin cloth	

Preheat the oven to 425°F. Rinse off the chicken and clean out the inside. Rub the inside with salt. Place the chicken on the rack in the roasting pan. Place the pan in the oven and roast the chicken 30 minutes or until light brown. Peel and slice all the vegetables. The dish can be prepared up to this point in advance. Place the roasted chicken along with the beef and bones in the soup pot. Cover with water and bring to a simmer on the stove over low heat. This should take about 20 minutes. Remove any scum that rises. Do not allow the stock to boil and be sure to remove all the scum. When the stock is clear, add the vegetables, thyme, bay leaves, salt and peppercorns. Cook 4 hours.

Strain the stock into a large mixing bowl and let it stand overnight. Remove any fat that accumulates on the surface. Transfer the stock to a cleaned soup pot, making sure that the sediment at the bottom does not go into the pot. Separate the eggs and whisk the whites into the stock. Place the soup pot on the stove over medium heat. Whisk the stock until it comes to a boil and foam begins to rise to the surface. Remove the pot from the heat and allow the foam to subside. Repeat the heating process, without whisking it this time. Strain the stock through a clean muslin cloth into a bowl. The stock should be clear and bright. If it is not, wait until it is cold and repeat the heating process. The consommé should be made the night before the dinner and reheated before serving. Served hot. Makes 2 quarts.