

Chefs A' Field

Culinary Adventures That Begin on the Farm



'ODE TO THE CHICKEN' SOUP WITH ROSEMARY DUMPLINGS

BY CHEF DAN BARBER OF BLUE HILL RESTURANT

CHICKEN SOUP

5 lbs. chicken wings
7 lbs. chicken bodies, feet, etc.
4 large onion, small dice
4 carrot, peeled, small dice
2 ribs celery, small dice
3 onion brulee
5 bay leaves
2 heads garlic split
½ bunch thyme
2 sprigs rosemary
salt & pepper

ROSEMARY DUMPLINGS

1 pint matzoh meal
2 oz. foie gras fat
4 eggs separated
4 oz. club soda
2 sprigs rosemary diced to dust
2 scallion sliced as thin as possible
1 quart chicken stock (for cooking dumplings)
salt, pepper

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SOUP

Slowly caramelize onion in small pan. When well sweated and lightly colored add rest of vegetables and cook until well caramelized.

Brown wings to dark golden brown in a sauté pan. Set chicken aside. Deglaze hot pan with sherry vinegar. Reduce slightly. Add browned chicken, vegetables, bay, garlic, salt and pepper. Bring to light simmer. Let simmer for about 3 hours. Add thyme and rosemary. Adjust seasoning throughout. skimming throughout.

When good chicken flavor is achieved, strain. Set aside.

ROSEMARY DUMPLING

In aluminum bowl mix egg yolks, matzoh, club soda, foie gras fat, rosemary, scallion, salt, and pepper. Combine with rubber spatula.

In separate aluminum bowl whip egg yolks to soft peaks. Fold into batter lightly. Batter should be thin at this point.

Bring chicken stock to a light simmer. When batter has solidified so that it can be rolled into little balls about the diameter of a nickel or quarter slowly add them to the poaching liquid (no more than 10 at a time). When quite firm but still just slightly raw, remove and add to container with warm stock & cover. Either use now or you may refrigerate for later use.

TO SERVE

When serving soup, include a nice selection of seasonal vegetables, chicken breast and chicken leg in the bowl.

Courtesy of Chefs A' Field.