



Celery Consommé

Since January is such a cold month, we decided to add some warmth with a Celery Consommé. Of our consommé, the *Maine Sunday Telegram* said this soup was “one of the clearest consommés I’ve ever seen. Like liquid gold, this perfectly clarified broth... was captivating.” Now that the holidays are over and we are vowing to be healthy in our eating choices – you’ll want to give this a try.

5 ½ cups chicken stock, homemade or purchased
½ cup dry white wine
1 bunch celery, chopped, including leafy tops
1 onion, sliced thin
1 leek, sliced thin
1 carrot, chopped
2 sprigs tarragon
2 egg whites, lightly beaten
Shells of 2 washed eggs, crushed
¼ cup julienned celery
¼ cup julienned carrots

In a large kettle, combine the stock, the wine, half the chopped celery, and all the onions, leeks, and carrots. Bring the mixture to a boil, and simmer, covered, for 30 minutes.

Strain the mixture through a fine sieve set over a large bowl, pressing hard on the vegetables to extract the liquids, and return the broth to the pot. Add the remaining celery, the tarragon, the egg whites and shells (yes, this is for real!). Heat the broth, stirring constantly until it starts to boil, then immediately reduce the heat. Cook the soup at a bare simmer, undisturbed, for 20 minutes. Strain the soup through a fine sieve, lined with dampened paper towels and set over a large bowl, and discard the solids.

For garnish, blanch the julienned celery and carrots in boiling salted water for 1 minute, and drain. Place the julienned celery and carrots in bowls, and ladle in the soup. Serve immediately.

Serves 6

Beware!!!! This soup is so clear that one day in our kitchen one of our employees threw out the soup because she thought it was just water in the pan!!!!!!