



Clear Chicken Consommé

with honeyed muffins, and cream presented as Victorian High Tea



Ingredients

Starter from Down The Rabbit Hole dinner

- ✂ 3 stalks of lemon grass
- ✂ 1 cooked chicken carcass, skin and fat removed
- ✂ 1 onion, skin on, halved
- ✂ 1 carrot, washed and roughly chopped
- ✂ 1 celery stalk, washed and roughly chopped
- ✂ 1 whole garlic clove, skin on
- ✂ Small handful fresh tarragon
- ✂ Large handful flat leaf parsley
- ✂ 1 bay leaf
- ✂ 3 egg whites
- ✂ 2-3 drops gravy browning
- ✂ Salt and pepper

Down the Rabbit Hole meal in full

✂ *Elevenes: Unbirthday Tea Party*

Chicken consommé with honeyed muffins, sautéed croutons and cream presented as Victorian High Tea

✂ *Entrée: Looking Glass Sundaes*

Topsy-turvy mélange of warm sweet potato, beetroot and carrot on green salad, topped with zesty dressing

✂ *Intermezzo*

Red rosehip sorbet and white rose petal amuse-bouche

✂ *Dinner: Cheshire Cat Surprise*

Mediterranean terrine, served with Cumberland Sauce and pastry asparagus horns with pea and leek pâté

✂ *Pudding: White Rabbit Subtlety*

Madeira Cake sandwiches, filled with kiwi slices and strawberry syllabub



- ① In a large stock or saucepan large enough to hold the carcass and all the vegetables, place the carcass, all the other ingredients except the egg white, browning and salt and pepper. Cover with cold water and bring to a gentle rolling boil.
- ② Cook on a gentle boil for 1 ½ - 2 hours. If the water starts to boil away top up, the ingredients should always be just covered in water. Taste the stock after the cooking time, it should have a good flavour of chicken and a background hint of the vegetables and herbs. If not, cook a while longer. Strain the stock through a large colander, return the liquid to the pan, bring back to the boil and reduce by approx ¼.
- ③ Allow the liquid to cool down, then place in the refrigerator for an hour. Skim any fat from the surface then add the egg whites and whisk thoroughly. Bring the liquid to the boil whisking all the time. If you want a darker consommé then add the browning. Simmer gently for 15 minutes until the egg whites form a crust on the surface.
- ④ Line a sieve with a piece of clean, unused muslin or a tea towel that has been washed in plain water, (see note below). Gently ladle the crust into the sieve and then slowly ladle the liquid over the crust, allow time for the liquid to pass through the crust and sieve before adding any more. Return the clear liquid to the pan and reheat to hot not boiling. This soup is best served warm to hot as it intensifies the flavour.