



Consommé Célestine

READY IN



275 min.

SERVINGS



8

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.5 teaspoon peppercorns whole black
- 0.8 cup carrots peeled
- 0.3 cup celery stalks
- 1 large eggs
- 6 large egg whites chilled
- 0.5 cup flour all-purpose
- 2 tablespoons herbs: rosemary fresh such as parsley, chives, tarragon, and chervil finely chopped
- 1 pound ground chicken cold

- 2 teaspoons kosher salt as needed plus more
- 2 tablespoons juice of lemon freshly squeezed
- 1 tablespoon olive oil
- 4 parsley fresh italian
- 4 thyme sprigs fresh
- 1 tablespoon butter unsalted for cooking the crêpes cut into 6 pieces,
- 12 cups water
- 0.8 cup milk whole
- 0.5 medium onion yellow coarsely chopped

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- baking paper
- pot
- sieve
- blender
- plastic wrap
- wooden spoon
- spatula
- dutch oven
- kitchen scissors
- kitchen twine
- cleaver

Directions

- For the stock:Using a cleaver or kitchen scissors, break up the carcass into several smaller pieces so that they will fit in an even layer in the bottom of a large pot or Dutch oven; set aside.
- Heat the oil in the pot over medium-high heat until shimmering.
- Add the carcass pieces and cook, turning occasionally, until lightly browned all over, about 8 minutes.
- Add the remaining ingredients and stir to combine, scraping up any browned bits from the bottom of the pot with a wooden spoon. Bring to a simmer (do not let the stock come to a boil).Reduce the heat to low and continue to simmer, occasionally skimming any scum off the surface of the stock using a large spoon. Cook, adjusting the heat as necessary to keep the stock at a simmer, until the flavors have developed, about 1 1/2 hours.
- Remove and discard any large pieces of carcass. Set a fine-mesh strainer over a 2-quart saucepan and pour the stock through the strainer (you should have about 6 cups). Discard the contents of the strainer.
- Place the flour, milk, egg, and salt in a blender. Blend on high speed until combined, about 30 seconds.
- Add the herbs and pulse to combine. Keep the mixture in the blender with the lid on and refrigerate at least 30 minutes or overnight. (If the batter separates, blend it again for a few seconds just before cooking the crêpes.)For the consommé:Using your hands, mix the chicken, egg whites, onion, carrot, and celery in a large bowl until combined. Refrigerate until the mixture is very cold, at least 30 minutes. Meanwhile, tie the parsley, thyme, and bay leaf together with a piece of butcher's twine; set aside.Stir the lemon juice and measured salt into the egg white-chicken mixture and transfer it to a large saucepan.
- Pour in the 6 cups of chilled stock and stir to combine.
- Place the pan over medium heat and stir occasionally until a soft, gray mass forms (the "raft") and rises to the surface, about 25 minutes. The liquid will be bubbling and foaming along the edges of the pan. Immediately stop stirring the mixture.Reduce the heat to low so that the liquid is barely simmering and only small bubbles appear around the sides of the raft. Using a spoon, create a 2- to 3-inch hole in the center of the raft and tuck the herb bundle into it. Keep the mixture at a low simmer, basting the raft about every 10 minutes with liquid from the center opening, being careful not to disturb the raft, until the liquid is completely clear and the flavors have developed, about 30 minutes. Adjust the heat as necessary to maintain a low simmer and to keep the raft intact. Meanwhile, cook the crêpes.To cook the crêpes:Melt 1 piece of the butter in a 10-inch nonstick skillet or 8-inch crêpe pan over medium heat until foaming. Swirl the butter around to coat the bottom of the pan.

Pour in 1/4 cup of the batter and immediately swirl and tilt the pan to create a thin, even layer. (If the batter sets before the skillet is coated, reduce the heat slightly. The next crêpe will be better.) Return the pan to the heat and cook until the crêpe is set around the edges and dry in the center but not browned, about 1 to 2 minutes. Loosen the edges of the crêpe with a rubber spatula. Tilt the skillet, sliding half of the crêpe off the skillet and onto the spatula. Flip both the spatula and crêpe over so that the crêpe lands back in the pan and cook until the other side is set but not browned, about 20 seconds more.

Transfer to a large plate. Repeat with the remaining butter and batter, stacking the finished crêpes on top of one another until you have 6 crêpes total. Cover with plastic wrap and set aside. To finish and assemble the consommé: Line a fine-mesh strainer with a standard paper coffee filter and set it over a large heatproof bowl. Avoiding pieces of the raft, carefully ladle the liquid (the consommé) into the lined strainer and stop when you get near the bottom of the pan. Make sure that the bottom of the strainer does not come in contact with the consommé in the bowl, or the solids and grease trapped in the filter will cloud the consommé. Discard the raft. Gently blot the surface of the consommé with a clean piece of parchment paper or coffee filter to remove any grease floating on the surface. Taste and season with salt as needed. Keep warm until ready to serve. Just before serving, cut 2 of the crêpes into 1/8-inch-wide strips (reserve the remaining crêpes for another use). Divide the crêpe strips among 6 to 8 soup cups. Top with the consommé and serve immediately.

Nutrition Facts

 **PROTEIN 33.19%**  **FAT 45.4%**  **CARBS 21.41%**

Properties

Glycemic Index: 44.98, Glycemic Load: 5.33, Inflammation Score: -9, Nutrition Score: 12.130434792975%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 3.37mg, Apigenin: 3.37mg, Apigenin: 3.37mg, Apigenin: 3.37mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 183.93kcal (9.2%), Fat: 9.29g (14.29%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 8.92g (3.24%), Sugar: 2.35g (2.61%), Cholesterol: 78.52mg (26.17%), Sodium: 705.07mg (30.66%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.55%), Vitamin A: 2290.91IU (45.82%), Vitamin K: 29.64µg (28.22%), Selenium: 15.84µg (22.62%), Vitamin B2: 0.36mg (21.22%), Vitamin B3: 3.85mg (19.26%), Vitamin B6: 0.35mg (17.67%), Phosphorus: 158.33mg (15.83%), Potassium: 466.48mg (13.33%), Vitamin B1: 0.15mg (10.28%), Vitamin B5: 0.95mg (9.52%), Vitamin B12: 0.52µg (8.7%), Zinc: 1.19mg (7.9%), Manganese: 0.15mg (7.36%), Magnesium: 28.29mg (7.07%), Iron: 1.25mg (6.92%), Folate: 27.27µg (6.82%), Vitamin C: 5.6mg (6.79%), Copper: 0.13mg (6.75%), Calcium: 62.25mg (6.23%), Vitamin E: 0.64mg (4.26%), Fiber: 0.93g (3.74%), Vitamin D: 0.4µg (2.69%)