

Veloute' de volaille

(Cream of Chicken Soup) - serves 12

INGREDIENTS

12 cups of chicken stock
3 boneless, skinless chicken breasts
9 egg yolks
about 18 tbsp of crème fraîche
6 tbsp unsalted butter
 $\frac{3}{4}$ cup all purpose flour
 $\frac{3}{4}$ tsp freshly grated nutmeg
Salt and freshly ground pepper

METHOD

1. Heat the chicken stock until it is boiling. Add the chicken breasts and poach for 8-12 minutes, depending on size, until firm and cooked right through.
2. Remove the chicken breasts and shred roughly. Reserve 3 tbsp of the shreds, puree the remainder in a blender with 3 ladles full of the stock, the egg yolks and the cream. Reserve this puree.
3. Melt the butter in a roomy pan, stir in the flour, and fry until the mixture is sandy, but do not let it brown. Gradually whisk in the broth and simmer gently until it thickens.
4. Remove the pan from the heat and whisk in the reserved pureed chicken and cream mixture. Reheat gently, whisking all the while, until the soup is just below the boiling point. Taste and season with nutmeg, salt and pepper.
5. Dish up the soup into individual bowls and sprinkle the top of each with some of the reserved 3 tbsp of shredded chicken. Serve without reheating.