

Chilled Tomato Consommé



This chilled soup turns heads! With its use of tomatoes and cucumbers, and the clear broth the flavor is beautifully pronounced. Great for a summer luncheon or dinner party.

Timing

Prep time

Total time

Skill level

Hard

What You'll Need

- 14 oz Red Sun Farms tomato, diced

- > 1 oz tomato paste
- > 5 oz chicken breast
- > 8 basil stems, chopped
- > 2 garlic cloves, minced
- > 8 egg whites
- > 2 qts vegetable stock
- > Salt and pepper, to taste
- > Sugar, to taste
- > Garnish:
- > Baby tomatoes, halved
- > Cucumber, julienne
- > Chevre, crumbled

Directions

1. In robot coupe, pulse tomato, tomato paste, and chicken;
2. Transfer to a stainless bowl.
3. Fold in basil stems, and garlic.
4. Place egg whites in a separate stainless bowl and whisk slightly.
5. Fold egg whites into protein mix.
6. Place all in a consommé pot and add cold vegetable stock.
7. Bring mixture to a simmer, stirring frequently to prevent scorching; do not stir once raft begins to form.
8. Puncture a hole in middle of the raft using small ladle.
9. Baste raft as consommé cooks.
10. Simmer about 1.5 hours or until proper clarity, flavor and body has developed.
11. Strain using ladle through hole so as not to disturb the raft
12. Re-season and chill.

Presentation

1. Place garnish in the bowl along one side.
2. Pour chilled consommé into bowl at tableside.