

The Chef's Table

Thick and Creamy Chicken Soup

1 Large whole boneless, skinless chicken breast partially frozen
3 Carrots chopped (coarse/chunky)
1 Sweet Onion, roughly chopped
2 Stalks Celery, chopped
2 Cups Chicken Stock/Broth
3 tablespoons **Chicken Feathers**
1 Cup Whole Milk
½ Cup Sour Cream
½ Cup White wine
Kosher Salt
Freshly ground black pepper
Parsley, chopped for serving garnish
Flour for roux
Cornstarch slurry, for thickening
Southern Biscuits (See Southern Biscuits recipe)

Chop onion, place in a bowl, lightly sugar, toss, cover and set it aside. Chop the carrots and celery stalks and place them into a bowl, cover and set aside.

Cut partially frozen chicken breast into medium chunks (about 1" cubes). (A partially frozen piece of chicken is easier to cut than one totally thawed.) Place chunks into a bowl and lightly coat with olive oil, the **Chicken Feathers** and about ¼ cup, or less of white wine (the rest will be used later). Toss this mixture and let meat marinate for 20 to 30 minutes, or more.

In a stock pot, heat 1 to 2 tablespoons of olive oil over medium high heat. Sauté chicken chunks until lightly browned. Remove the chicken with a slotted spoon to a bowl, cover and set aside. In the same stock pot add another tablespoon of oil if necessary and the onion, carrots and celery, salt and pepper to taste and sauté until the onion is limp. De-glaze skillet with a little white wine and return chicken to the stock pot (be sure to pour any liquid that may have gathered in the bottom of the bowl into the stock pot, also). Now stir in enough flour to make a roux.

Pour enough chicken stock and the remainder of the white wine into the pot to just cover everything. Bring this mixture to a boil, reduce the heat, cover and simmer slowly for 35 - 45 minutes or until the chicken and vegetables are tender.

While simmering the soup prepare the milk and sour cream mixture. In a small bowl thoroughly mix the milk and sour cream with a whip, cover and set aside allowing the mixture to come to room temperature.

Add the milk and sour cream to the soup and bring the mixture up to a near boil. Make a slurry from the cornstarch and water and thicken soup with this slurry to desired thickness.

Serve over Southern Biscuits broken into small pieces in the bottom of a soup bowl, or over al dente egg noodles and garnish with the chopped parsley.