

Victorian White Soup á la Reine

Ingredients	Cooking Utensils	Serving Utensils
(1) 3 to 4 lb. stewing chicken	knife and cutting board	soup tureen
7 1/2 cups water	measuring cup	serving ladle
1 lb. veal	sieve	
1 medium carrot	soup pot	
1 stalk celery	wooden spoon	
1 medium onion	cheesecloth	
1 1/2 cups rice	cookpot	
7 1/2 cups chicken stock	food processor or blender	
2 Tbs. (1/4 stick) butter		
salt		
fresh ground black pepper		
1 1/4 cups cream		

Make the chicken stock. Good chicken stock or bouillon can be bought in the store. Peel and slice the onion. Slice the carrot and celery stalk. Cube the veal. On the stove, in the soup pot, bring the water to a boil over high heat. Place the chicken in the boiling water, and reduce the heat to medium high. Cook until the chicken is done. When the chicken is cooked, remove it from the soup pot and place the soup pot in the refrigerator. Remove the skin from the chicken and discard. Remove the meat from the bird and set aside. Take the soup pot out of the refrigerator and skim off all the fat. The dish can be prepared up to this point in advance. Place the chicken carcass in the soup pot and add the veal, onion, carrot, and celery. Simmer on the stove over low heat about 2 hours to make a broth. Strain the broth through a sieve. While the broth is cooking, place the chicken stock in a cookpot and bring to a boil on the stove over medium high heat. Add the rice and reduce the heat to low. Simmer the rice in the chicken stock 40 minutes or until all the stock is absorbed by the rice. In a food processor or blender, process the chicken meat, butter, and 2/3 cup broth until the mixture is smooth. Add the rice and continue to process until smooth. Add stock as needed to make the processing easier. Mix in the remainder of the broth. Line the sieve with cheesecloth and strain the mixture into the soup pot. Heat the soup on the stove over low heat and season to taste with the salt and pepper. Remove the soup from the heat. Add a small amount of the hot soup to the cream so the cream won't curdle. Slowly stir the cream into the soup. Serve hot. The soup can be made in advance of the dinner and gently reheated. Do not boil the soup or the cream will curdle.