

The Queen's Soup

Prep Time: 1 Hour

Yields: 6 Servings

Comment: This soup was created to honor the Queen of Mardi Gras at the extravagant carnival balls, served at the Degas House in New Orleans. We have resurrected this historic recipe for our Carriage House Restaurant.

Ingredients for stock:

1 gallon chicken stock
2 bay leaves
1 tbsp chopped thyme
1 tbsp chopped sage
1 onion, quartered
1 carrot, sliced
3 stalks of celery, sliced
4 garlic cloves, smashed
10 whole peppercorns

In a large cast iron Dutch oven, combine stock, bay leaves, thyme, sage, onion, carrot, celery, garlic and peppercorns. Bring mixture to a rolling boil, reduce to simmer and cook 30 minutes. Strain stock, discard vegetables and retain liquid.

Ingredients for soup:

4 boneless, skinless chicken breasts
½ cup wild rice
½ cup white rice
¼ cup butter
¼ cup flour
½ cup diced carrots

½ cup diced yellow bell peppers
1 tbsp chopped thyme
1 tbsp chopped sage
¼ cup chopped chives
1 cup heavy whipping cream
Salt and black pepper to taste

Method:

Return approximately 3½ quarts of liquid to the pot and bring to a low boil. Poach chicken breasts in hot stock for 10-15 minutes or until thoroughly cooked. Remove, allow to cool, dice into ¼-inch cubes and set aside. Stir wild rice into the simmering stock and cook 30 minutes. Add white rice and cook 15 additional minutes or until rice is tender. The rice will act as a thickening agent for the soup. In a separate sauce pan, melt butter over medium-high heat. Whisk in flour, stirring constantly until a white roux is achieved. Add carrots, yellow bell peppers, thyme, sage and chives. Cook 3-5 minutes then add this roux mixture to stock, stirring constantly. Stir in heavy whipping cream and bring to a low boil. Season with salt and pepper. Mix in diced chicken and cook 2 additional minutes. Use additional stock or water to retain soup-like consistency. Adjust seasonings if necessary.

