

# Queen's Soup

## STOCK INGREDIENTS

- 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

## SOUP INGREDIENTS

- 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

## DIRECTIONS FOR STOCK

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.

## DIRECTIONS FOR SOUP

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.



Serves 6