

Chicken Wild Rice Soup

Ingredients

4 oz	Butter
4 cups	Onion, diced
4 cups	Carrots, diced
3 cups	Celery, diced
1 1/2 T	Garlic, minced dried
1 T	Seasoning blend, no salt
1 tsp	Thyme leaves, dried
3 cups	Cooked chicken, diced
3/4 cup	Sherry
6 cups	Chicken stock, fresh or no salt
5 cups	Whole milk
2 cups	Heavy cream
3 cups	Wild rice, cooked
1 T	Salt
1 tsp	Pepper
Roux:	
6 oz	Butter
6 oz	Flour

Method

1. Sauté onion, carrot, and celery in oil until onions are translucent and tender.
2. Add seasoning and cook for five minutes.
3. Stir in chicken and cook for ten minutes.
4. Deglaze the pan with sherry.
5. Add stock and bring to boil.
6. Reduce to a simmer and slowly stir in whole milk and heavy cream.
7. Bring back to low boil.
8. Stir in roux to desired thickness.
9. Stir in wild rice, salt, and pepper.
10. Continue to simmer on low and allow flavors to blend.
11. Hold soup at 140°.
12. Makes about 1 1/2 gallons.

Food Safety Reminders



Wash hands with soap and water before starting.
Wash anything that touches raw meat or eggs.
Gently scrub produce under running water.

Use separate cutting boards for meat and produce.
Wear gloves when handling ready to eat foods.
Follow proper cook-to and holding temperatures.

Notes

Reduce salt if using chicken base.

When making cream soup stick with whole milk and heavy cream. Using half and half, or milk with less butterfat, may cause your soup to curdle.

