

Chicken Veloute with Potatoes

Ready in 1 hour

Yield: approx 3 quarts.

Tips:

- Use your stock to poach your chicken breast while the vegetables cook.

Ingredients:

- 4 ea - Chicken Breast - boneless/skinless
- 1 large Onion - Medium Dice
- 2 large Carrot - Medium Dice
- 2 - 3 stalks Celery - Medium Dice
- 2 - 3 medium yellow or white Potato - Medium Dice
- 2-3 cloves - Fresh Garlic - sliced or minced
- 2 quarts - White Chicken Stock
- Fresh Thyme, Oregano, Sage, or Rosemary - chopped
- 1 bayleaf
- 3 Tbls cornstarch
- 3 - 4 Tblc - Olive oil
- Salt and Black Pepper - To Taste

Preparation:

1. **Poach the Chicken Breast** - Place into cold liquid over medium heat. Bring to a simmer and poach until internal temp reaches 165° - remove and set aside.
2. **Sweat the Vegetable** - In a heavy bottomed pot, heat olive oil until it shimmers. Add onion, celery and carrot and sweat until carrot begins to soften (7 - 10 minutes). Add garlic and bayleaf and cook one minute.
3. **Add Liquid and Potatoes** - Add potatoes to the pot and cover with chicken stock. Bring to a high simmer and cook until potatoes are just cooked through and done.
4. **Add Chicken** - While vegetables are simmering, dice the chicken breast into bite sized pieces. Once potatoes are cooked through, add the chicken to the pot.
5. **Thicken the soup** - Place cornstarch in a bowl and add just enough water to form a thick slurry. Add to soup while stirring and bring up to a low boil. The soup should just thicken enough to coat a spoon. Reduce to a simmer and cook 10 minutes.
6. **Finish and Serve** - Season soup to taste with salt and pepper and finish with fresh herbs.