

## *Beef Consommé*

REF:

**Serves 4**

**Cuisine: British**

Preparation Time: 20 Minutes

Cooking Time: 1 hour 10 Minutes

**Ingredients:**

1.7 litres Beef stock  
2 Shallots, chopped  
2 Leeks, sliced  
2 sticks Celery, sliced  
2 Carrots, chopped  
300g Beef mince  
2 Egg whites  
2 Egg shells, crushed  
2 tbsp Sherry  
Maldon sea salt and ground black pepper  
Finely shredded celery or spring onions to garnish

**Method:**

1. Pour the stock into a large stock pot or thick-based saucepan and bring to the boil.
2. In a separate saucepan, add the shallots, leeks, celery, carrots, beef, egg whites and shells and mix.
3. Whisk in the stock and bring to the boil and continue whisking.
4. Reduce the heat and simmer gently for 1 hour.
5. Skim off the scum that forms on top.
6. Dip a metal fine mesh sieve in boiling water to scald it, line it with muslin cloth and place over a large bowl.
7. Strain the stock through.
8. Stir in the sherry and season to taste. Heat through and serve.

**To Serve:**

Pour into soup bowls and garnish with the shredded celery or spring onions.

**Chef's Notes:**