



FRENCH GARLIC SOUP

INGREDIENTS

For the stock

- Approx 1 kg of bones
- 2 chicken carcass (chopped in medium size pieces)
- 4 chicken wings (chopped in half)
- 4 chicken necks (chopped in 2)
- 2 liters of water
- 1 medium size carrot
- 1 medium size onion
- 1 small leek, white part only
- 1 celery rib (100 grams)
- 1 bouquet garni

To flavor the soup

- 10 cloves of garlic
- A few leaves of fresh sage
- A pinch of Espelette or cayenne pepper
- Salt and pepper for the seasoning

For the mayonnaise

- 1 egg yolk
- 1 teaspoon of Dijon mustard
- A pinch of salt and pepper
- 150 ml (5 fl oz) of sunflower or peanut oil

For the garnish

- Slices of toasted baguette

PROCEDURE

1. Prepare your mise en place: wash, peel and cut the vegetables and peel the garlic cloves.
2. Make the chicken stock (see our recipe for chicken stock on our website).
3. Filter the stock and leave to reduce for 10 minutes, then turn the heat off.
4. Cut the garlic cloves in half and remove the germ.
5. Fill a small saucepan with water and bring to the boil. Plunge the garlic cloves in the boiling water, leave to cook for 3 minutes and remove them from the saucepan.
6. Press the garlic with fork to create a puree and add to the stock. Reduce the heat to low and leave to simmer for 10 minutes. You can add a few sage leaves to the soup but this is optional.
7. Make the mayonnaise (see our recipe for chicken stock on our website.)
8. Add the mayonnaise to the soup and mix gently.
9. Leave the soup to simmer for a further 10 minutes (avoid boiling the soup).
10. While the soup is simmering, cut and toast the croutons.
11. Season the soup and serve.