

Chicken with Wild Rice Chowder

Sally always likes to make this soup for fancy luncheons. It is creamy, and the wild rice and chicken chunks give it texture.



Ingredients:

- 4 cups water
- 4 tsp. chicken concentrate
- 2 Carrots (1 cup sliced)
- 1 rib of celery (1/2 cup sliced)
- 3 green onions (1/3 cup sliced)
- 1/3 cup wild rice
- 1/4 tsp. crushed dried thyme
- 1/4 tsp. ground pepper
- 2 Tbsp. unsalted butter
- 3 Tbsp. flour
- 1 cup half & half
- 1 large chicken breast (1 1/2 cup chopped)
- 2 Tbsp. dry sherry
- Parsley for garnish

Equipment

- Two sauce pans
- Small fry pan
- Teflon whisk if using non-stick pans

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<input checked="" type="checkbox"/>	Directions	Time (min)	
	Add 4 cups water and 4 tsp. chicken concentrate to the pan. Heat and stir.		4
	Peel and slice 2 carrots 1/4" thick (1 cup)	4	
	Slice 1 rib of celery (1/2 cup) and 3 green onions (1/3 cup) , 1/4" thick	5	
	Add carrots, celery, green onions, 1/3 cup wild rice, 1/4 tsp. thyme, and 1/4 tsp. pepper	2	
	Bring to a boil. Reduce heat	5	
	Cover, simmer until rice is tender		
	Simmer chicken in 2 cups of water in a second pot of water until cooked through	15	50
	Remove chicken and allow to cool. Discard cooking liquid	10	
	In a shallow sauce or fry pan, melt 2 Tbsp. butter	2	
	Stir 3 Tbsp. flour into butter 1 Tbsp. at a time stirring constantly with a whisk	2	
	Slowly add 1 cup half & half into the flour stirring constantly	2	
	Heat until bubbly and then continue for one additional minute	2	
	Slowly add to soup while stirring	1	
	Cut chicken into 1" cubes. Use two forks to pull chicken apart into shreds	5	
	Stir in chicken and 2 Tbsp. sherry. Heat soup to serving temperature without boiling	3	
	Garnish with parsley and serve	1	
		Total	1 hr. 16 min