

Service cooks home meals

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Before going to a client she will plan the menu, take an equipment inventory and make an ingredient list. She will check to see what ingredients a person already has in order to avoid making unnecessary expenditures for such staple items as olive oil or grainy mustard.

So far, most people requesting her services are on special diets. "I can make almost anything low salt or low fat and still have it taste good," Schneyer said. "The point is, I'm doing what I love and helping others at the same time. What more could anyone want in a job?"

DOUBLE RICH CHICKEN SOUP
3-4 lb. Chicken back, neck, gizzards or a cut-up chicken
2 chicken feet, if possible or a couple of veal bones
plus 1 whole 3-4 lb. chicken, not cut
2 onions, sliced and sautéed with 2 garlic cloves
1 leek - optional
4 carrots
2 parsnips
2 stalks celery - with leaves, if you like
2 sprigs parsley (Italian or flat parsley is more flavorful)
few papercorns
1 teaspoon salt
1 tablespoon thyme
fresh dill

Cover chicken parts with cold water and bring to boil.

Skim off scum of foam if you want a clear broth. When no more foam is forming add vegetables and seasonings (reserving half the onions, carrots, celery, and parsnip for later). When broth returns to boil, turn down and let simmer for 2 1/2-3 hours.

Strain the broth, discarding bones, meat, and vegetables.

You now have a stock, broth or bouillon - a base for many soups, stews and sauces.

To make a chicken soup for serving (or to poach a chicken) bring the stock to the boil first, then gently add the whole chicken. When it returns to the boil, cover and let it simmer until chicken is just tender or boil for twenty minutes; turn off and wait until you can hug the pot.

Remove chicken.
Add remaining vegetables and sprig of fresh dill and cook just until barely tender, then remove. While

vegetables are cooking, separate bones and skin. Reserve good chicken and just-cooked vegetables to add to soup later. May serve double rich chicken soup with bite-sized pieces of meat and vegetables or strain broth through two or three thicknesses of cheesecloth; measure broth and refrigerate over night. Remove all fat from top of soup.

To clarify soup for a clear broth: measure soup and put back into cooking pot. For each quart of soup, use one egg white. Beat whites into a froth which is not quite stiff. Stir into cold stock. Stir and cook over medium heat. When stock begins to bubble at edges, stop stirring and allow mixture to simmer for about ten minutes. All the tiny bits and pieces will cling to the egg whites. Turn off heat and let settle for one-half hour. With skimmer, remove as much of the mess as possible. Strain remaining broth through three thicknesses of cheesecloth. Serve or freeze.

You have a clear double-rich consommé or a base for onion soup.

Taste and salt before serving.

To make: Beef Broth, a Double Rich Beef Broth or Clear Beef Consommé

Use 3-4 lbs. beef neck and beef marrow bones and a couple of veal bones plus 2-3 lbs. of chuck, flank steak or round for the second cooking. Brown the bones and the roast under the broiler on all sides and then proceed exactly as for chicken soup.

For richer consommé: before clarifying, put broth (fat removed) into pot with 1/2 lb. ground beef, 1/2 cup red wine, and 1 cup cold water. Bring to boil, skim again. Cook gently 30 minutes and clarify as above using egg shells as well as egg whites.

A petite marmite is a soup made

with both beef bones and chicken broth.

FRENCH ONION SOUP

3 large yellow onions, sliced in rounds
1/2 pound butter or beef fat
1 1/2 cup beef consommé per person salt, if needed
fresh ground pepper
nutmeg to taste
French bread toast rounds (cut to fit exactly in opening of individual oven-proof soup crocks)
Freshly grated gruyere cheese
Freshly grated parmesan cheese

Saute onions in fat until soft (for browner onions sprinkle with sugar and turn over). Add consommé. Add salt, fresh ground pepper and nutmeg. Let blend very well, 5 to 6 minutes. For lighter soup, serve as is and pass the fresh grated parmesan. Or, ladle servings into individual crocks adding 1-1 1/2 tbsp. Maderia to each crock, fit in toast rounds and top with mound of grated gruyere cheese. Bake at 350 degrees until cheese melts and is bubbly. Serve with parmesan.

CHILI

2 pounds cubed beef chuck (fat removed)
2 tablespoons chili powder (or more) beef broth to cover
1 1/2 cup chopped onions
3 tablespoons cooked, pureed garlic salt to taste

Brown beef under broiler. Put in cooking pot and add chili powder and beef broth to barely cover. Let cook down until almost dry. Start covered and then open. Add chopped onions and garlic, add salt to taste. Cook covered until very tender. Add more chili powder to taste. This is a very dense chili, delicious with black beans and yogurt or sour cream.

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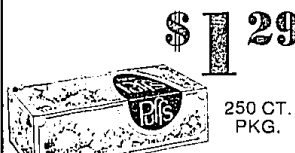
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