

OSSIE'S CHICKEN CONSOMMÉ, WITH CHICKEN GYOZA & SWEET VEGETABLES



Ossie is the youth coordinator of Ealing's liberal Synagogue. His passion is cooking and next year he will go to university to train as a chef. For the film *Spiritual Flavours*, he has cooked his own refined version of the traditional Jewish chicken soup with a Japanese touch, inspired by Ealing's vibrant Japanese community.

OSSIE'S INGREDIENTS

Chicken selection:

1 whole chicken (approx. 1.5kg)
250g chicken breasts extra

Chicken Gyoza:

Gyoza skins
Chicken breasts (from whole chicken) finely chopped
15g ginger, finely chopped
5g garlic, finely chopped
4g sesame oil
10g spring onion, finely chopped
2g salt
20g matzo meal

Consommé:

750g prepared chicken stock
250g chicken breast, medium dice
2.5g methyl-cellulose F50

Broth:

1 whole chicken, minus the breasts used for the gyoza
90g celery, coarsely chopped
140g spring onion, coarsely chopped
5g Szechuan peppercorns, whole
50g shiitake mushroom, medium chop
20g ginger, medium chopped
10g garlic, medium chopped
10g soya sauce
5g miso paste
5g mirin
5g salt (to taste)
2kg water

To Serve:

1 carrot
1 courgette
1 medium white onion
Enoki mushrooms, as needed
Sweet Kewpie mayonnaise
Sesame/Chilli Oil
Soup almonds

OSSIE'S RECIPE CONTINUED...

METHOD

For the Broth:

Place all of the ingredients in a pressure cooker and cook at maximum pressure for 45 minutes. Strain through a colander and reserve the liquid. Find another use for the vegetables and chicken.

If you want a darker and richer stock, then roast the vegetables and chicken at 170°C for 25 minutes before cooking in the pressure cooker.

Consommé:

Cool the broth to room temperature and blend with the chicken breasts with the methyl-cellulose. Pour into a large pot and gently bring to a simmer for 20min. A layer of protein should begin to form on the top. After simmering, remove and discard as much of the protein layer as you can and then gently pour the liquid over a folded-over muslin cloth to strain any remaining impurities. Reserve the clear consommé.

For the Gyoza:

Finely chop the ingredients for the filling, and mix in a bowl. Place the gyoza skin on one palm and put a teaspoon of filling in the centre. Dab the exposed skin with water and fold to the traditional shape. Place a pan on high heat with a shot of vegetable oil. Fry the gyoza on one side until deep golden brown, add enough cold water to come up a quarter of the way of the dumplings and cover tightly to steam for 4 or 5 minutes. Reserve when ready.

To serve:

Take the carrot and courgette and cut into desired shapes – use the Parisian spoon for balls or a turning knife for other shapes. Blanch for 30 seconds in rapidly boiling water, with 5% by weight salt and 3% by weight sugar. Peel and chop onion in half, then separate the layers. Place rounded-side up in a hot pan until edges are seared then add a shot of vegetable oil and reduce heat to low and cover for 3 minutes. Cut up enoki mushrooms, leaving just the heads and 2cm of the stalk. Place dots of kewpie mayo around the bowl, followed by the prepared vegetables. Slowly and gently add the consommé, taking care to cause as little disturbance to the garnishes. Dot with sesame/chilli oil and the soup almonds. Add the gyoza into the consommé or serve on the side as an accompaniment.

SPECIAL EQUIPMENT

Blender or stick blender

Muslin cloth

A Parisian spoon or turning knife (optional)

Pressure cooker (optional, but will quicken stock production by four times)

