



Miele

Chicken and corn soup

By Miele

10 minutes

Preparation time

2 hours 30 minutes

Cooking time

4-6

Serves

INGREDIENTS

2 sticks celery, diced
1 onion, peeled and diced
600g corn kernels, fresh, frozen or
canned
1 tsp ground white pepper
1 tbsp mustard powder
Murray River Salt Flakes, to taste
60ml olive oil
1kg free range chicken
1½ litres water
1 bunch thyme or lemon thyme
4 sprigs rosemary
Baby corn, optional

To serve

Sour cream
Chives, finely sliced
Crusty bread

METHOD

1. Place the celery, onion, corn, spices, salt and olive oil into a 4 litre capacity unperforated steam container and Steam at 100°C for 30 minutes.
2. Using a sharp knife, cut the chicken into four pieces. Keeping the meat on the bone with skin intact, cut into 2 supremes and 2 marylands.
3. Tie the base of the thyme and rosemary with kitchen twine to hold it together during cooking.
4. Add the chicken pieces, herbs and water to the steam container and Steam at 100°C for 1 hour 30 minutes.
5. Carefully remove the herb stems and discard. Remove the chicken pieces, ensuring that there are no bones left in the soup and set aside for 5-10 minutes to cool in a bowl.
6. When the chicken is cool enough to handle, remove the bones and skin, then shred the chicken meat into small pieces.
7. Return half of the chicken to the soup and blend into a puree using an immersion blender. A high speed blender can be used to gain a finer texture if desired.
8. Place the remaining chicken into a separate unperforated steam container and place in the steam oven along with the puréed soup. Steam at 100°C for 10 minutes.

To serve

1. Ladle the soup into bowls and top with pieces of shredded chicken and baby corn.
2. Add a dollop of sour cream and a sprinkling of chives before serving with crusty bread.

Hints and tips

- Corn can be replaced with other vegetables such as pumpkin, diced potato and mushroom.
- For a vegetarian soup, omit chicken at step 3 and increase vegetable quantity. Reduce cooking time by 10 minutes.
- For a flavoursome chicken stock, replace the corn with 1 carrot and the chicken pieces with chicken bones. Strain the liquid after cooking without blending through a sieve and discard the solids.