

The Søvangard's **Chicken and the Egg**



Stock and Chicken

- 1 - 3.5-4lb whole chicken (we use Miller's Amish chicken, a non-GMO project farm who practice antibiotic free, all vegetable fed diet by small families with small flocks)
- 2 yellow onions, chopped with skin on
- 1 head celery, chopped
- 2 large carrots, chopped
- 10 c water
- 1 bay leaf
- 2 T turmeric
- 1 T peppercorns
- 1 sprig fresh rosemary

1. Break down chicken and reserve the thigh quarters, wings and chicken tenders for another use. Remove skin from chicken breast, lightly salt, and let sit for an hour
2. Roast chicken back, onion, celery and carrot in 425 degree oven for twenty minutes.
3. Place chicken bones and vegetable into stock pot and add water, bay leaf, turmeric, peppercorns and rosemary.
4. Bring to a boil and then turn down to medium and simmer until reduced by half.
5. Strain stock and discard solids, you should have about 4 cups of chicken stock. Let cool to room temperature and skim the fat off the top.
6. Cook chicken breast in desired way, chill and slice thinly. (we are cooking our chicken sous vide with thyme, rosemary and chicken stock until done. If it were summer, I might char-grill the chicken breast, let the season dictate your flavors)

Serves 4

Biscuit

- 2 c flour (we use fresh milled all purpose flour from Ferris Organic Grains)
- 4 t baking powder
- ¼ t salt
- 1 t chopped thyme
- 4 T butter, chilled and diced
- 1 c buttermilk, chilled

1. Preheat oven to 425 degrees.
2. In a large bowl combine flour, baking powder, salt and thyme.
3. Using your fingertips, rub butter into dry ingredients until it resembles coarse crumbs.
4. Stir in the chilled buttermilk until just combined. It will be very sticky.
5. Turn dough onto floured surface, dust top with more flour, and then gently fold dough over onto itself, four to five times, adding more flour if sticking.
6. Lightly roll out into 1 inch thick slab and cut out desired biscuit shape. Reform scrap dough, working it as little as possible and continue to cut out shapes.
7. Place biscuits on parchment paper lined baking sheet.
8. Bake until light golden on top, 14-19 minutes. This will make 12 biscuits, so you will have extra.

Soup and Garnish

- 4 T flour
- 4 T unsalted butter
- 4 cups reserved chicken stock
- 2 T white miso (I like white barley miso)
- Chicken breast, cooked and sliced
- 2 c cooked heirloom beans (we use Jacob's Cattle Gold Beans from Shady Side Farm in Holland, MI)
- 4 c shaved, raw vegetables such as carrot, kohlrabi, beets, celery, turnips, radish, parsnip, etc..
- 4 eggs
- 4 biscuits
- Fresh herbs like parsley, celery leaf, chervil, dill, chives etc.. chopped

1. Melt butter in large pot, add flour and whisk until roux forms. Heat over medium flame for 3-4 minutes, stirring the roux.
2. Add cold or room temperature chicken stock slowly while whisking. Bring to a simmer, reduce heat and cook for twenty minutes, stirring occasionally. Season with salt and pepper.
3. Add the miso, chicken, beans and vegetables and bring to a simmer, just enough to heat everything. You want to keep the crunchiness of the raw vegetables.
4. Portion meat and vegetables into four bowls, and divide soup between them.
5. Serve with biscuit, a cooked egg (we do sunny side up eggs, but you could poach, soft-boil, pickle, etc..) and fresh herbs.