

Elizabethan Veal soup

Serves 4 people.

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2 and half pounds of lean breast veal, cut into 1 and half inch cubes, bones intact
4 tablespoons of butter
1 Large Leek, sliced into thin rings, green tall having been removed.
4 Medium Carrots, cut into 2 inch lengths
4 medium Turnips all peeled and cut into eighths
2 cups of dry white wine
2 cups of Chicken broth or stock
Small bunch of fresh Parsley
2 cinnamon sticks, broken down into small pieces.
4 - 6 thin slices of Orange or lemon peel
20 Black peppercorns
Cheese cloth and string
one eighth teaspoon of ground Rosemary
Half a teaspoon of salt
Pinch of Mace
Half a teaspoon of Sugar
Garnish with chopped Parsley

- 1) Brown Veal in two tablespoons of butter in a large soup pot. Remove Veal and set a side.
 - 2) In the same pot, brown the Leeks, Carrots and turnips in an additional 2 table spoons of butter
 - 3) Return the Veal to the pot. Pour wine and broth over the Veal and Vegetables.
 - 4) Make a bouquet garni by placing Parsley, Cinnamon, peels and peppercorns in Cheesecloth. Tie the bouquet garni securely with string and place in the pot
Add the Rosemary, Salt, Mace and Sugar
 - 6) Bring the soup to a boil. Reduce the flame and stir a few times.
 - 7) Cover and simmer about for around 1 hour and 15 minutes or until the meat is tender. Check and adjust seasoning after about 45 minutes.
 - 8) Serve in soup bowls and Garnish with Parsley.
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