

12 Petite marmite



This is a double strength consommé garnished with neat pieces of chicken winglet, cubes of beef, turned carrots and turnips and squares of celery, leek and cabbage. The traditional method of preparation is for the marmites to be cooked in special earthenware or porcelain pots ranging in size from 1–6 portions. Petite marmite should be accompanied by thin toasted slices of flute, grated Parmesan cheese and a slice or two of poached beef marrow.

Ingredient	4 portions	10 portions
Chicken winglets	4	10
Lean beef (cut in 1cm dice)	50g	125g
Good strength beef consommé	1 litre	2.5 litres
Carrots	100g	250g
Celery	50g	125g
Leeks	100g	250g
Cabbage	25g	60g
Turnips	100g	250g
Slices of beef bone marrow	8	20
Toasted slices of flute	50g	125g
Parmesan cheese (grated)	25g	60g

Energy	Cal	Fat	Sat fat	Carb	Sugar	Protein	Fibre
1098 kJ	261 kcal	16.2g	7.1g	13.0g	4.4g	16.5g	3.2g

- 1 Trim chicken winglets and cut in halves.
- 2 Blanch and refresh chicken winglets and the squares of beef.
- 3 Place the consommé into the marmite or marmites.
- 4 Add the squares of beef. Allow to simmer for 1 hour.
- 5 Add the winglet pieces, turned carrots and squares of celery.
- 6 Allow to simmer for 15 minutes.
- 7 Add the leek, cabbage and turned turnips; simmer gently until all the ingredients are tender. Correct seasoning.
- 8 Degrease thoroughly using both sides of 8cm square pieces of kitchen paper.
- 9 Add the slices of beef bone marrow just before serving.
- 10 Serve the marmite on a dish paper or a round flat dish accompanied by the toasted flutes and grated cheese.