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**Richard Rosendale | CMC | The Greenbrier | Two Time USA Culinary Olympian | USA**



## **Parmesan Consommé** from *Richard Rosendale, CMC*

Break up all the parmesan rinds into 1 inch pieces. Place in a small sauce pot and cover with the chicken stock. Bring up to a simmer and cook for 15 minutes. Cover and set off to the side of the stove for 20 more minutes and then strain through a fine mesh strainer.

Next, chill the parmesan stock down over an ice bath. Whisk up the egg whites to very soft peaks.

Combine the stock, wine, and the whites. Whisk together and bring to a very slow simmer. As the eggs coagulate they will rise to the surface of the broth and leave a crystal clear consommé behind. Carefully ladle out the consommé leaving the egg whites in the pot. Strain the consommé through a coffee filter.

For the garnish, slice the asparagus in bite sized pieces and blanch in boiling water for 2 minutes. Strain, and chill in ice water to stop the cooking process. Next slice the penne pasta, in bite sized pieces as well. Reserve the asparagus, and the pasta for garnish.

For the parmesan crackling, in a Teflon® skillet, simply sprinkle the parmesan over the skillet and melt until the cheese comes together and forms a thin layer on the surface of the pan. Remove the cheese from the pan and place it on a cutting board. Let the cheese set up for about 5 minutes and then cut it into smaller pieces. Use the cheese crackling as garnish for the soup. For the egg, set water bath at 147.2 °F and let it cook for 55 minutes exactly. Remove the egg from shell.

When ready to serve, place the warm egg in a soup bowl, being careful not to break it, and then add the asparagus, pasta, and the hot Parmesan consommé. Sprinkle some of the parmesan crackling, and place a truffle slice, chervil over each egg. Drizzle a little olive oil, sea salt and cracked pepper on each.

This recipe was generously provided by Richard Rosendale, CMC. For more recipes see [www.fusionchef.us](http://www.fusionchef.us).



### **Ingredients**

*Serves 4*

*For the Consommé*

2 lb Parmesan Rinds (broken up)

2 ½ qt Chicken Stock

8 Egg Whites

Splash White Wine

*For the Garnish*

8 Asparagus

1 Cup Cooked Pasta

4 Slices Black Truffle

1T Extra Virgin Olive Oil

TT Cracked Black Pepper

TT Sea Salt

*For the Cheese Crackling*

¼ Cup Grated Parmesan

*For the Egg*

1 Egg per person

*Preparation time: 90 Min.*

*Cooking time: 20 Min.*



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