

# Consomme

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*2 pounds lean beef, cut into  
one-inch dice  
2 pounds veal, cut into one-  
inch dice  
1 onion  
1 bay leaf  
stalk celery  
sprig parsley  
small carrot  
3 quarts cold water  
2 tablespoons fat  
1 tablespoon salt*

Place the fat in the soup kettle. Add the beef and veal. Stir over heat for about 5 minutes or until the meat is nicely browned.

Add the water. Simmer for four hours.

Add the vegetables, salt and bay leaf. Simmer for one hour.

Strain through a sieve. Cool.

When cool, remove the fat.

Serve.

*The under part of the round  
beef and the knuckle of veal  
are best for this soup.*

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Per Serving (excluding unknown items): 3515 Calories; 217g Fat (57.2% calories from fat); 356g Protein; 10g Carbohydrate; 2g Dietary Fiber; 1323mg Cholesterol; 7673mg Sodium. Exchanges: 49 Lean Meat; 1 1/2 Vegetable; 15 Fat.