

CHEF SARA RHODES

CHICKEN AND BASMATI RICE SOUP

2 Tbsp. butter
3 cloves garlic, finely chopped
1 cup leeks, white part only, thinly sliced
¼ cup carrots, small dice
2 Tbsp. Basmati Rice
4 boneless, skinless chicken thighs,
trimmed and cut into 1 inch cubes
4 cups chicken stock
½ Tbsp. parsley, chopped
½ Tbsp. fresh mint, chopped
5 sprigs thyme, tied together with
butcher's twine
1 Tbsp. Chicken Demi-Glace
Salt and pepper to taste



Melt the butter in a stockpot. Add the leeks, carrots and garlic. Cook until tender, about 10 minutes. Add the rice and chicken thighs. Cook for about 3 minutes.

Add the stock and the thyme sprigs. Simmer for about 15 to 20 minutes, until the rice is tender. Add the demi-glace, parsley and mint. Simmer until demi is melted and incorporated.

Season to taste with salt and pepper.