

Soups Study Sheet

Guide to Good Food, Chap. 22, page 362-363 and Chap. 17, page 300-301.

Stock soups: combination of less tender meat cuts, poultry or fish. May add vegetables and grains.

- ✂ Cook over low heat for a long time to release flavor for meat and vegetables.
- ✂ Cut meat, poultry, fish and veggies into small pieces to increase surface area, which increases flavor. Also, crack any bones used.
- ✂ Brown stock begin by browning meat.
- ✂ Light stock use poultry, fish or un-browned meat.

To make stock:

1. Place all ingredients in a large pot with a tightly fitting lid
2. Cover with cold water and cover with lid cook slowly for several hours at a simmer - **DO NOT BOIL**
3. In the beginning skim foam that develops with a wooden spoon or ladle.
4. Near end- skim fat with baster or cool and remove congealed fat from top
5. Strain broth- may add back meat, vegetables, or add rice, pasta, noodles, and other seasonings to make soup.

Bouillon and Consommé:

1. Bouillon - clear broth made from stock. Reduce clarified strained stock in volume by further cooking to concentrate stock making a richer and more flavorful broth. Most often beef stock.
 2. Consommé - clear rich-flavored soup made from clarified stock. Simmer stock even longer than Bouillon to produce an even richer flavor.
- ✂ Both used clarified stock - add a slightly beaten egg white and a few pieces of egg shell to boiling strained stock. Eggs will coagulate and trap and solid material. Strain again to remove egg white and egg shell.

Cream soups: milk-based -popular for lunch and dinner

Types of cream soups:

1. Thickened cream soups - uses a thin white sauce.

✂ Contain vegetables, meat, poultry, or fish that is pureed or cut into fine pieces

✂ Examples - Cream of mushroom and Cream of Tomato

2. Bisque - rich, thickened cream soup

✂ Light cream replaces all or part of the milk

✂ Usually contains shellfish shredded into small pieces

✂ Examples -Lobster Bisque

3. Chowder - un-thickened milk

✂ Contains vegetables, meat, poultry, fish

✂ Most contain potatoes- which help to thicken the soup
May also contain tomatoes and water instead of milk

✂ Example -Manhattan Clam- tomato based
New England Clam- milk based

Preparation of Thickened Cream Soup:

1. Cook veggies, meat, poultry or fish first using a small amount of liquid to preserve water-soluble nutrients and reserve liquid.

2. Usually puree these foods until smooth.

3. If not pureed, cut into small pieces.

4. Add prepared meat, poultry fish or veggies to thin white sauce and season to taste.

5. Use low heat to prevent scorching of milk.

Preparation of Un-thickened Cream Soup:

1. Pieces of veggies, meat, fish or poultry are fairly large and cooked in a stock.
2. When tender, add milk and stir gently until blended
3. Add milk slowly and heat at a low temperature to prevent curdling.

Curdling - high temperature, acid, enzymes, tannins and salt cause the protein in milk to coagulate and form clumps called curds.

Name of Kitchen's Soup

Type of Soup