

6.1 Stocks

- The essential parts of stock
- Types of stock
- Preparing bones for stock
- Preparing ingredients for stock
- Cooling stock
- Degreasing stock

6.2 Sauces

- Grand sauces
- Basic ingredients in sauces
- Preparing different kinds of sauces
- Matching sauces to food

6.3 Soups

- Basic kinds of soup
- Preparing soup

SECTION 6.3 SOUPS

Serving soup at the beginning of a meal provides an opportunity to make a good first impression. Preparing and serving soups helps you learn more about basic culinary techniques, seasonings, garnishing, and serving foods.

Study Questions

After studying Section 6.3, you should be able to answer the following questions:

- What are the two basic kinds of soup?
- How do you prepare the basic ingredients for broth, consommé, purée, clear, and cream soups?
- How do you prepare different kinds of soup?

Basic Kinds of Soup

There are two basic kinds of soup—clear soups and thick soups. **Clear soups** include flavored stocks, broths, and consommés. Examples include chicken noodle soup, minestrone (a tomato-based vegetable soup), and onion soup. **Thick soups** include cream soups and purée soups, such as bisques, chowders, cream of tomato, lentil, and split pea soup. Figure 6.16 shows a line chef preparing a clear soup.



Figure 6.16: Soup is a liquid food prepared from meat, fish, or vegetable stock combined with various other ingredients.

Go Local with Fruit Soup

The restaurant industry continues to respond to consumers' demands for locally grown produce. Local production and delivery helps to ensure peak freshness, flavor, color, and nutrition for seasonal foods. Restaurants can capture this produce in menu items. Offering chilled fruit soups is one such strategy.

A cool, creamy greengage plum soup with a sprig of mint on a summer day is delightful. Another example is Swedish fruit soup, loaded with sour cherries, lemons, and tapioca, with a dollop of sour cream and a sprinkle of nutmeg. These soups can even be frozen for use later in the year. When considering local, fresh menu items, consider cool fruit soups for an appetizer or dessert.

There are many variations of these basic soups, including the following:

- Dessert soups, such as *Ginataan*, a Filipino soup made from coconut milk, milk, fruits, and tapioca pearls, and served hot or cold
- Fruit soups, such as winter melon or gazpacho, a savory soup with a tomato base
- Cold soups, such as borscht, a beet soup; or vichyssoise, a French-style soup made of puréed leeks, onions, potatoes, cream, and chicken stock
- Traditional regional soups, such as New England clam chowder or Manhattan clam chowder; or gumbo (a Creole soup made with okra)

Preparing Soups

Soups must be cooked properly. Most soups are cooked at a gentle simmer and stirred occasionally. If a soup is cooked for too long, the flavor can become flat and nutrients will be lost. Adding chopped fresh herbs, lemon juice, or a dash of hot pepper sauce to soup can brighten its flavor. Finishing techniques are important when preparing soup for service. For example, the line chef should remove the surface fat on the soup before service by blotting the soup with strips of unwaxed brown butcher paper. Soups should also be garnished just before service.

Clear Soups

Stock or broth is the basic ingredient in clear soups. Broth is made from a combination of water; vegetables; beef, fish, chicken, or veal; mirepoix; and bouquet garni. It should be clear to pale amber in color and have the flavor of the major ingredient.

One type of clear soup is consommé. This is a rich, flavorful broth or stock that has been clarified. A consommé is made by adding a mixture of ground meats

with mirepoix, tomatoes, egg whites, and *oignon brûlé* (oy-NYON broo-LAY) to bouillon or stock. This mixture is called clearmeat. *Oignon brûlé* is a “burnt onion.” Cut an onion half across its hemisphere, then char the flat part either on a flattop or in a dry (fat-free) pan. This adds color and flavor to the consommé. Care must be taken to prevent too much burning.

Essential Skills

Preparing Basic Broth

- ① Combine the meat or vegetables and water.
- ② Bring to an even simmer.
- ③ Add the mirepoix and bouquet garni. See Figure 6.17.
- ④ Simmer for the appropriate cooking time depending on the main ingredient in the broth:
 - Beef, veal, game, chicken: 2 to 3 hours
 - Fish: 30 to 40 minutes
 - Vegetables: 30 minutes to 1 hour
- ⑤ Skim and strain. Cool and store, or finish and garnish for service.

Remember: A good broth should be clear, pale amber, with the distinct flavor of the major ingredient.

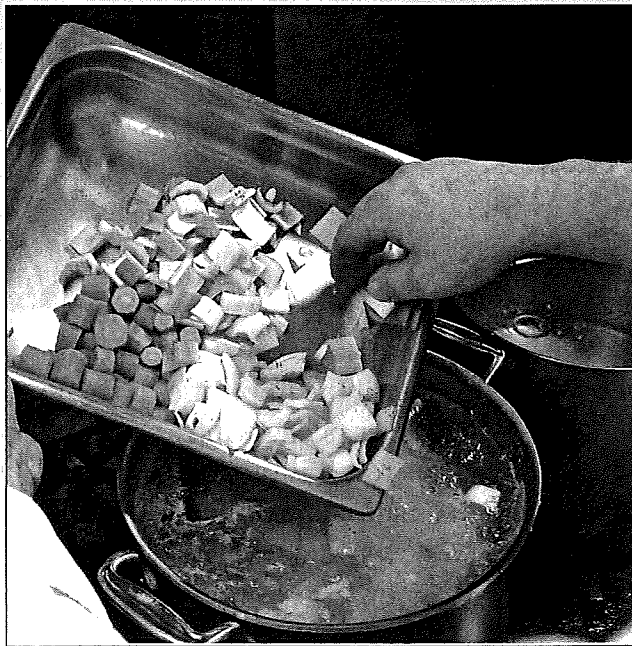


Figure 6.17: Step 3—Add mirepoix and bouquet garni.

Essential Skills

Preparing Basic Consommé

- ① Combine the ground meat, mirepoix, seasonings, tomato product, *oignon brûlé*, and egg white. See Figure 6.18.
- ② Blend in the stock.
- ③ Bring the mixture to a slow simmer, stirring frequently until the raft has formed.
- ④ Do not stir after the raft has formed.
- ⑤ Carefully break a hole in the raft and continue to simmer.
- ⑥ Strain, cool and store, or finish and garnish for service.

Remember: Good consommé should be crystal clear, aromatic, and emphasize the flavor of the major ingredient.

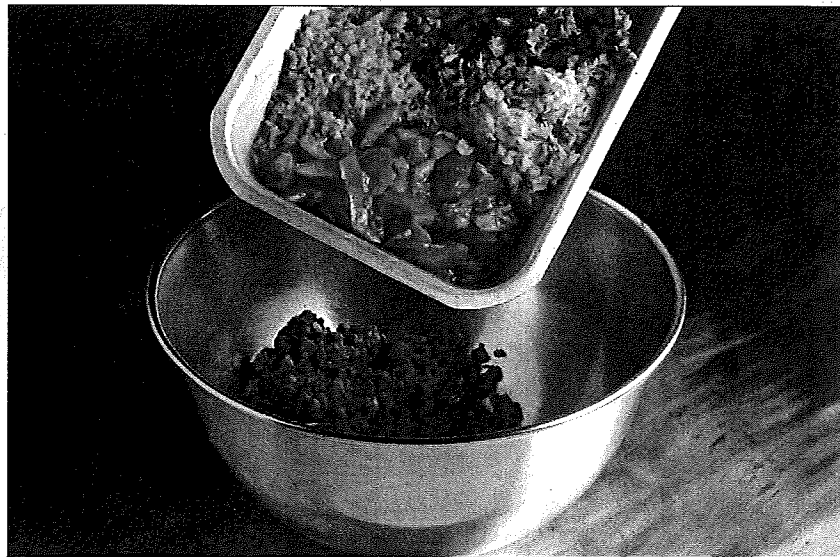


Figure 6.18: Step 1—Combine ingredients.

Slowly simmer the mixture until the impurities come to the surface, trapped in a **raft**, which is the floating layer of egg whites, meat and vegetable solids, and fats. Remove the raft, and the result is pure and clear, or **clarified**. Good consommé should be clear, aromatic, and emphasize the flavor of the major ingredient. If the consommé is too weak, a meat or poultry glaze may be added to enhance the flavor.

Essential Skills

Clarifying Stock

- ① Use egg whites, a mild acid (such as tomato or lemon juice), and a browned onion.
- ② Whip egg whites until the whites are foamy.
- ② Add these ingredients to the stock when stock is about 100°F.
- ③ Simmer gently, at medium heat, for half an hour or more.
- ④ When the raft of the egg structure and the scum has gathered, be careful not to stir the raft.
- ⑤ Remove the raft by letting it settle completely to the bottom as it cools. Then, pour off the clarified stock, or carefully break a hole in the raft and gently ladle out the stock. See Figure 6.19.
- ⑥ Discard the raft.

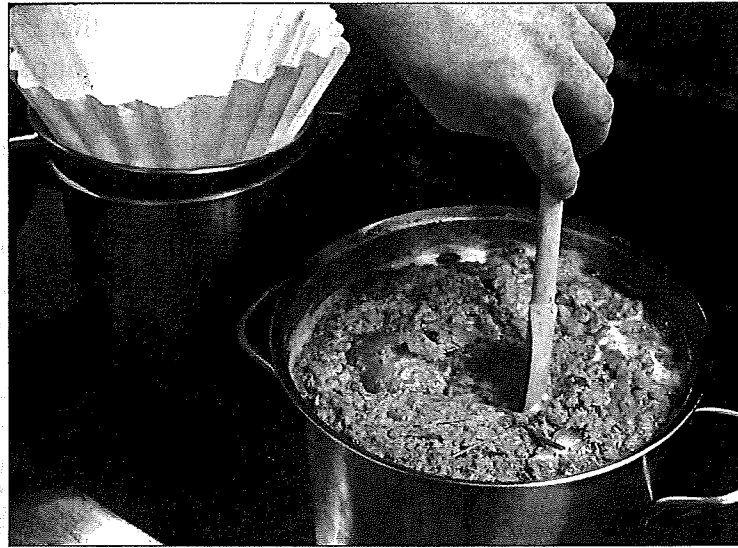


Figure 6.19: Step 5—Let raft settle to the bottom as it cooks.

Thick Soups

There are two kinds of thick soup—cream soups and purée soups. Both purée and cream soups are made with a liquid and either *sachet d'épices* or bouquet garni. Then a puréed main ingredient, to provide the main flavor, is blended into this base.

Chili and MFP Factor

On a cold, wintry day, nothing tastes quite as good as a bowl of chili. Savory meat, warm kidney beans, and full-flavored tomatoes make it a classic American favorite. It is also a nutritional powerhouse where iron is concerned.

There are two types of iron in the diet: iron from animal sources (heme) and iron from vegetable sources (non-heme). The human body generally absorbs animal iron better than vegetable iron.

However, when a vegetable iron source is served with an animal source (heme and non-heme together in the same meal), there is a factor in the animal product that actually improves the absorption of the iron from all sources in that meal. It is called MFP Factor—you can remember it by thinking “Meat, Fish, Poultry.” A little bit of an animal product greatly enhances the iron nutrition from all sources.

In chili, there is iron in the meat, iron in the beans, and MFP Factor. And there is even more good news: Vitamin C also enhances the absorption of iron from a meal by as much as three times. Tomatoes are a good source of vitamin C, so they get in the act as well. Savory meat, warm kidney beans, and full-flavored tomatoes: no wonder it's a classic.

The main difference between a purée and cream soup is that cream soups are usually thickened with an added starch, such as roux. **Purée soups** are thickened by the starch found in the puréed main ingredient, such as potatoes. Purée soups are coarser than cream soups, but should be liquid enough to pour easily from a ladle.

Cream soups must be thick with a smooth texture. They should never be boiled. Boiling can cause the milk fat to break down, making the soup too thin and watery. Try garnishing cream soups with a bit of the soup's main ingredient. For instance, place a few small blanched broccoli florets on a cream of broccoli soup.

Bisques are another kind of thick soup. Bisque (BISK) is a cream soup usually made from puréed shellfish shells, such as lobster, shrimp, or crab. The shells are puréed along with vegetables, making the texture slightly grainy. The bisque is then strained, garnished, and served. A properly prepared bisque should be pale pink or red, and have the flavor of the shellfish. Figure 6.20 shows a bisque soup—see Essential Skills, page 400.



Figure 6.20: Bisque is a rich, creamy soup that gets its color and flavor from lobster, shrimp, or crayfish.

Essential Skills*How to Make Cream Soup*

- ① Sauté the major flavoring, such as mushrooms for a cream of mushroom soup, in a little butter or oil.
- ② Add flour to make a roux and cook for a short time to remove any starchy taste.
- ③ Add stock, *sachet d'épices*, and any vegetables, and then simmer until tender.

Note: Stock also includes aromatics, but these are separate aromatics being added to the finished stock and other ingredients.

- ④ Purée and strain the mixture.
- ⑤ Add additional stock to adjust the consistency as necessary.
- ⑥ Add cream and garnish before serving. See Figure 6.21.

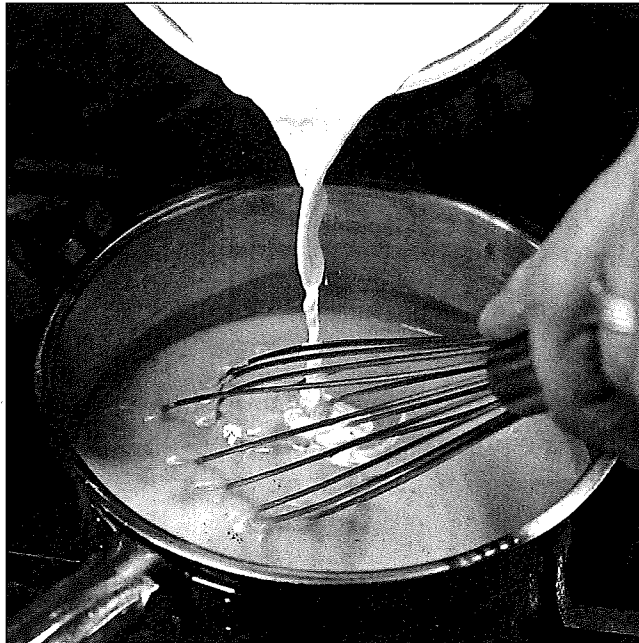


Figure 6.21: Step 6—How to make cream soup.

Chowders are hearty, thick soups made in much the same way as cream soups. Chowders are not puréed before the cream or milk is added. They are usually thickened with roux and typically include large pieces of the main ingredients (usually potatoes or seafood) and garnishes.

Essential Skills

Making Bisque

- ① Sear crustacean shells in a fat or sweat in stock. See Figure 6.22.
- ② Add mirepoix and sweat.
- ③ Add tomato product.
- ④ Reduce until the mixture is *au sec* (oh SEK). This means reduce it until it is very dry.
- ⑤ Add stock and *sachet d'épices* or bouquet garni.
- ⑥ Mix in the roux.
- ⑦ Simmer and skim.
- ⑧ Discard the *sachet d'épices* or bouquet garni when you have the desired flavor.
- ⑨ Strain the soup and purée the solids.

Note: The solids that are puréed in this step include crustacean shells, which is why the soup must be strained in Step 11 below.

- ⑩ Remix the liquid to the proper consistency.

Note: “Remix” refers to combining the reserved liquid that was strained out in Step 9 with the puréed solids. Not all of the liquid might be necessary to achieve the desired consistency in the finished soup.

- ⑪ Strain, then cool and store, or finish and garnish with the cooked, reserved meat from the crustacean.

Remember: A properly prepared bisque should have the flavor of the crustacean and a pale pink or red color.

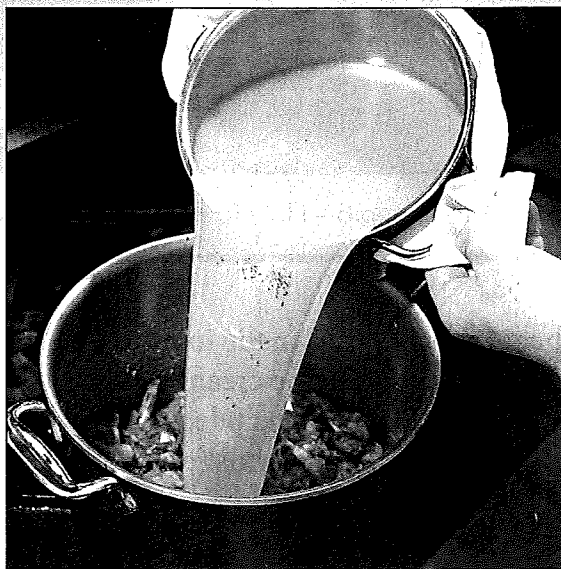


Figure 6.22: Step 1—Sear shells in fat or sweat in stock.

[fast fact]

Did You Know...?

1. Americans sip over ten billion bowls of soup every year.
2. Ninety-nine percent of American homes buy soup each year, making it a \$5 billion dollar business.
3. Women are more than twice as likely as men to eat soup as a typical lunch.

[ServSafe Connection]

Seafood Safety

Any menu item containing seafood, including soups or platter dishes with mollusks, such as bouillabaisse, cioppino, and paella, should be carefully constructed with seafood purchased only from approved, reputable suppliers.

The importance of the supplier's role in seafood purchasing cannot be overstated. Some species, including clams, mussels, and scallops, have been commonly linked to a variety of foodborne illnesses caused by toxins. The shellfish become contaminated as they filter toxic algae from the water. The toxins cannot be smelled or tasted—and they can't be destroyed by cooking or freezing. So the most important prevention measure for keeping contaminated shellfish out of an operation is buying the seafood from a safe source.

Shucked and live shellfish deliveries also require specific packaging and documentation that helps to track where the seafood came from. Operations are required to keep track of usage and file "shellstock identification tags" for certain products for three months from delivery.

With careful record keeping and strong attention to suppliers' practices, an operation can feature many complex and delicious seafood soups and dishes.

Summary

In this section, you learned the following:

- There are two basic kinds of soup—clear and thick. Clear soups include flavored stocks, broths, and consommés, and include soups such as chicken noodle soup and French onion soup. Thick soups include cream and purée soups, such as bisques or cream of tomato soup.
- Stock or broth is the basic ingredient in clear soups. **Consommé** is actually a rich, flavorful broth or stock that has been clarified. It should be clear, aromatic, and emphasize the flavor of the major ingredient.
- Cream soups are made with a thickener, such as roux. The main flavor in cream soups should be the major ingredient. For example, in a bisque, the main flavor should be shellfish.
- The main difference between a purée and cream soup is that cream soups are usually thickened with an added starch. **Purée soups** are thickened by the starch found in the puréed main ingredient (such as potatoes).
- There are many unusual kinds of soup, including cold soups, such as gazpacho; fruit soups, such as winter melon; and vegetable-based soups, such as minestrone, gumbo, or borscht.

Section 6.3 Review Questions

- 1 Describe each of the following types of soup, including the basic ingredients:
 - a. Winter melon
 - b. Gumbo
 - c. Borscht
 - d. Minestrone
 - e. Gazpacho
 - f. Bisque
- 2 What are the two basic kinds of soup?
- 3 What is the main difference between cream and purée soups?
- 4 What is the name of a clear soup that has been clarified?
- 5 Chef Sonnenschmidt likes onion soup because while it is simple, it needs all of the passion and cooking knowledge of a master chef. Why would you find onion soup simple? In what aspects does it require the cooking knowledge of a master chef?
- 6 Soups are a critical offering on the Uptown Grille lunch menu. How can Linda balance the need to keep customers happy and interested while maintaining a lower price point?
- 7 When is a consommé served? Why?
- 8 How does a clarification work? What is a raft?

Section 6.3 Activities

1. Study Skills/Group Activity: Alphabet Game

On a piece of paper, write each letter of the alphabet and place a line next to each letter. List the name of at least one type of soup for every letter of the alphabet, and note if the soup is clear or thick.

2. Activity: Soup to Soup

In reality, you would not serve multiple courses of soup at a meal. For this activity, create a soup appetizer, a soup main course, and a soup dessert. Make sure the flavors and textures are complementary.

3. Critical Thinking: Good Thick Soup

You have learned a lot about the creation of thick soups. Is it possible to create a nutritious, healthful thick soup? What substitutes might you have to make? Conduct some research and report back on a recipe for a healthful thick soup.