

Soups 12



After studying this chapter, you will be able to:

- ▶ describe the different classifications of soup
- ▶ prepare a variety of clear broths and consommés
- ▶ prepare thick cream and purée soups
- ▶ prepare cold soups
- ▶ garnish and serve soups appropriately

The variety of ingredients, seasonings and garnishes you can use for soups is virtually endless, provided you understand the basic procedures for making different kinds of soup. Great soups can be made from the finest and most expensive ingredients or from leftovers from the previous evening's dinner service and trimmings from the day's production. Soups are universally recognized as comfort foods in which seasonal ingredients can shine. Although fresh ingredients are preferable, the wise use of leftovers means a daily soup special can be an economical, practical menu item.

This chapter applies to soups the skills and knowledge learned in Chapter 11, Stocks and Sauces. In Chapter 11, we discussed making stocks, thickening liquids, using a liaison and skimming impurities, techniques that apply to soup making as well. Here we discuss techniques such as clarifying consommés and thickening soups with vegetable purées. This chapter also covers guidelines for preparing, garnishing and serving a variety of soups.

CHARACTERISTICS OF SOUP

Most soups can be classified by cooking technique and appearance as either clear or thick. **Clear soups** include **broths** (Fr. *bouillon*) made from meat, poultry, game, fish or vegetables as well as **consommés**, which are broths clarified to remove impurities.

Thick soups include cream soups and purée soups. The most common **cream soups** are those made from vegetables cooked in a liquid that is thickened with a starch and puréed; cream is then incorporated to add richness and flavor. **Purée soups** are generally made from starchy vegetables or legumes. After the main ingredient is simmered in a liquid, the mixture—or a portion of it—is puréed.

Some soups discussed in this chapter (notably **bisques** and **chowders** as well as **cold soups** such as gazpacho and fruit soup) are neither clear nor thick soups. Rather they are the result of special preparation methods or a combination of the methods mentioned before.

A soup's quality is determined by its flavor, appearance and texture. A good soup should be full-flavored, with no off or sour tastes. Flavors from each of the soup's ingredients should blend and complement, with no one flavor overpowering another. Consommés should be crystal clear. The vegetables in vegetable soups should be brightly colored, not gray. Ingredients added to enhance the soup's appearance and flavor should be attractive and uniform in size and shape. The soup's texture should be very precise. If it is supposed to be smooth, then it should be very smooth and lump-free. If the soft and crisp textures of certain ingredients are supposed to contrast, the soup should not be overcooked, as this causes all the ingredients to become mushy and soft.

Garnishing is an important consideration when preparing soups. When applied to soups, the word *garnish* has two meanings. The first is the one more typically associated with the word. It refers to foods added to the soup as decoration—for example, a broccoli floret floated on a bowl of cream of broccoli soup. The second refers to foods that may serve not only as decorations but also as critical components of the final product—for example, noodles in a bowl of chicken noodle soup. In this context, the noodles are not ingredients because they are not used to make the chicken soup. Rather they are added to chicken soup to create a different dish. These additional items are still referred to as garnishes, however.

CLEAR SOUPS

All clear soups start as stock or broth. Broths may be served as finished items, used as the base for other soups or refined (clarified) into consommés.

Broths

The techniques for making stocks discussed in Chapter 11 are identical to those used for making broths. Like stocks, broths are prepared by simmering flavoring ingredients in a liquid for a long time. Broths and stocks differ, however, in two ways. First, broths are made with meat instead of just bones. Second, broths (often with a garnish) can be served as finished dishes, whereas stocks are generally used to prepare other items.

Broths are made from meat, poultry, fish or vegetables cooked in a liquid. An especially full-flavored broth results when a stock and not just water is used as the liquid. Cuts of meat from the shank, neck or shoulder result in more flavorful broths, as does the flesh of mature poultry. Proper temperature, skimming and straining help produce well-flavored, clear broths.

Procedure for Preparing Broths

- 1 Truss or cut the main ingredient.
- 2 Brown (caramelize) the meat; brown (caramelize) or sweat the mirepoix or vegetables as necessary.
- 3 Place the main ingredient and mirepoix or vegetables in an appropriate stockpot and add enough cold water or stock to cover. Add a bouquet garni or sachet d'épices if desired.
- 4 Bring the liquid slowly to a boil; reduce to a simmer and cook, skimming occasionally, until the main ingredient is tender and the flavor is fully developed.
- 5 Carefully strain the broth through a china cap lined with damp cheesecloth; try to disturb the flavoring ingredients as little as possible in order to preserve the broth's clarity.
- 6 Cool and store following the procedures for cooling stocks discussed in Chapter 11, or bring to a boil, garnish as desired and hold for service.

Noodle Bowls

In Asian cuisines many hearty noodle soups serve as stand-alone meals. A well-prepared broth and the type of noodle distinguish the best of these one-pot meals. Diners are encouraged to season these broths with such condiments as chiles, citrus juice, green onions, chopped nori and soy or fish sauce. Japanese noodle soups may brim with a cornucopia of vegetables garnished with thin soba noodles made from buckwheat flour or thick udon

noodles made from wheat flour. Tempura-fried shrimp or vegetables are a welcome addition.

In Vietnam, noodle soups are simply called *phô* [fuh], a word that refers to a soup made with beef and rice noodles as well as to the noodles themselves. The broth, usually flavored with star anise, may be spiked by the diner with lime juice, hot chili paste and fresh cilantro. Korean *kalguksu* presents fresh knife-cut wheat noodles in a rich broth often made from dried fish or

other seafood. Chinese or Mongolian hot pot is an interactive meal centered on a simmering pot of water or light broth. Diners plunge pieces of beef, seafood, mushrooms, tofu and vegetables into the pot, eating them when they are cooked to their taste. Any of a variety of Asian noodles may be added at the end to make a hearty soup richly flavored with any leftover bits of food, sliced scallions and condiments.

 **Good Choice**

MISE EN PLACE

- Cut beef shank into pieces.
- Peel and chop onions, carrots and celery for mirepoix.
- Wash and peel turnips and leeks and chop into medium dice.
- Wash, peel, seed and dice tomatoes.
- Prepare herb sachet.

Beef Broth

YIELD 2 gal. (7.6 lt), 42 Servings,
6 fl. oz. (180 ml) each

METHOD Broth

Beef shank, neck or shoulder cut in 2-in.- (5-cm-) thick pieces	12 lb.	5.7 kg
Vegetable oil	8 fl. oz.	240 ml
Beef stock or water, cold	2 gal.	7.6 lt
Mirepoix	2 lb.	960 g
Turnips, medium dice	8 oz.	240 g
Leeks, medium dice	8 oz.	240 g
Tomatoes, seeded and diced	8 oz.	240 g
Sachet:		
Bay leaf	1	1
Dried thyme	½ 1 tsp.	5 ml
Peppercorns, crushed	½ 1 tsp.	5 ml
Parsley stems	8	8
Garlic cloves, crushed	2	2
Salt	TT	TT

- 1 Brown the meat in 4 fluid ounces (120 milliliters) oil, then place it in a stockpot. Add the stock or water and bring to a simmer. Simmer gently for 2 hours, skimming the surface as necessary.
- 2 Caramelize the mirepoix in the remaining oil and add it to the liquid after the meat has simmered for 2 hours. Add the turnips, leeks, tomatoes and sachet.
- 3 Simmer until full flavor has developed, approximately 1 hour. Skim the surface as necessary.
- 4 Carefully strain the broth through cheesecloth and season to taste. Cool and refrigerate.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 30, **Total fat** 1 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 55 mg, **Total carbohydrates** 1 g, **Protein** 4 g



1 Browning the meat.



2 Adding mirepoix to the broth.



3 Straining the broth.

Broth-Based Soups

Broths are often used as bases for familiar soups such as vegetable, chicken noodle and beef barley. Transforming a broth into a broth-based vegetable soup, for example, is quite simple. Although a broth may be served with a vegetable (or meat) garnish, a broth-based vegetable soup is a soup in which the vegetables (and meats) are cooked directly in the broth, adding flavor, body and texture to the finished product. Any number of vegetables can be used to make a vegetable soup; it could be a single vegetable as in onion soup or a dozen different vegetables in a hearty minestrone.

When making broth-based vegetable soups, each ingredient must be added at the proper time so that all ingredients are cooked when the soup is finished. The ingredients must cook long enough to add their flavors and soften sufficiently but not so long that they lose their identity and become too soft or mushy. Soups that simmer too long can reduce in volume, concentrating seasonings, especially salt. Add additional plain broth to adjust the seasonings. A raw diced potato or carrot can also be added to a salty broth and simmered to absorb some of the excess saltiness.

Broth-based vegetable soups made by simmering ingredients directly in the broth are generally not as clear as plain broths. But appearance is still important. When cutting ingredients for the soup, pay particular attention so that the pieces are uniform and visually appealing. Small dice, julienne, bâtonnet or paysanne cuts are recommended. Broth and broth-based soups are naturally low in calories and fat, so they often make ideal healthy menu options.

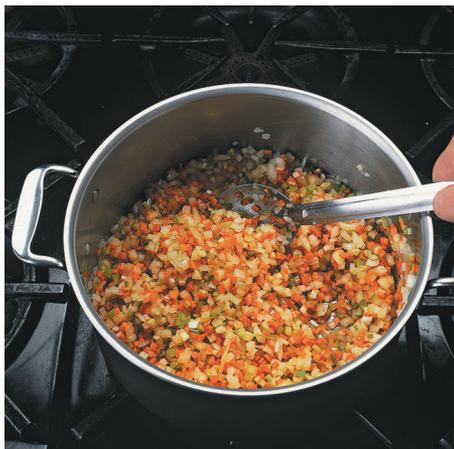
Procedure for Preparing Broth-Based Vegetable Soups

- 1 Sweat long-cooking vegetables in butter or fat.
- 2 Add the appropriate stock or broth and bring to a simmer.
- 3 Add seasonings, such as bay leaves, dried thyme, crushed peppercorns, parsley stems and garlic, in a bouquet garni or sachet, allowing enough time for the seasonings to fully flavor the soup.
- 4 Add additional ingredients according to their cooking times.
- 5 Simmer the soup to blend all the flavors.
- 6 If the soup is not going to be served immediately, cool and refrigerate it.
- 7 Just before service, add any garnishes that were prepared separately or that do not require cooking.

 **Good Choice**

MISE EN PLACE

- Peel onions, carrots and celery and chop into small dice for mirepoix.
- Wash and peel turnip and chop into fine dice.
- Peel and chop garlic.
- Cut beef into fine dice.
- Prepare herb sachet.
- Cut green beans.
- While broth is simmering, wash, peel, seed and dice tomato for concassée.
- Chop oregano and thyme.



1 Sweating the vegetables.



2 The finished soup.

Hearty Vegetable Beef Soup

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Broth

Butter or beef fat	4 oz.	120 g
Mirepoix, small dice	2 lb.	960 g
Turnip, small dice	6 oz.	180 g
Garlic cloves, chopped	4	4
Beef broth or stock	3 qt.	2.8 lt
Beef, small dice	1 lb.	480 g
Sachet:		
Bay leaf	2	2
Dried thyme	½ tsp.	2 ml
Peppercorns, crushed	½ tsp.	2 ml
Parsley stems	8	8
Green beans, fresh or frozen, cut ½ in. (1.2 cm) in length, optional	6 oz.	180 g
Tomato concassée	6 oz.	180 g
Corn kernels, fresh, frozen or canned	6 oz.	180 g
Fresh oregano, chopped	1 tsp.	5 ml
Fresh thyme, chopped	1 tsp.	5 ml
Salt and pepper	TT	TT

- 1 In a soup pot, sweat the mirepoix and turnip in the butter or fat until tender.
- 2 Add the garlic and sauté lightly.
- 3 Add the broth or stock and the diced beef; bring to a simmer. Add the sachet. Skim or degrease as necessary.
- 4 Simmer until the beef and vegetables are tender, approximately 1 hour.
- 5 Add the green beans, tomato concassée, corn, oregano and thyme. Season with salt and pepper; simmer for 15 minutes. Season to taste with salt and pepper.
- 6 Serve the soup in warm bowls.

Variations:

A wide variety of vegetables can be added or substituted in this recipe. If leeks, rutabagas, parsnips or cabbage are used, they should be sweated to bring out their flavors before the liquid is added. Potatoes, fresh beans, summer squash and other vegetables that cook more quickly should be added according to their cooking times. Seasonal leafy greens such as turnip tops, dandelion greens or arugula can be shredded and stirred in near the end of cooking. Rice, barley and pasta garnishes should be cooked separately and added just before service.

To make a vegan version of this soup, use vegetable stock in place of the beef stock and substitute a mixture of diced sautéed mushrooms and other vegetables for the diced beef.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 100, **Total fat** 6 g, **Saturated fat** 3 g, **Cholesterol** 25 mg, **Sodium** 590 mg, **Total carbohydrates** 7 g, **Protein** 7 g, **Vitamin A** 45%

Consommés

A consommé is a stock or broth that has been clarified to remove impurities so that it is crystal clear. Traditionally all clear broths were referred to as consommés. A clear broth further refined, using the process we describe in the following material, was referred to as a double consommé. The term *double consommé* is still used occasionally to describe any strongly flavored consommé.

Well-prepared consommés should be rich in the flavor of the main ingredient. Beef and game consommés should be dark in color; consommés made from poultry should have a golden to light amber color. All consommés should have substantial body as a result of their high gelatin content and should be perfectly clear with no trace of fat. Because a consommé is a refined broth, it is absolutely essential that the broth or stock used be of the highest quality. Although the clarification process adds some flavor to the consommé, the finished consommé will be only as good as the stock or broth from which it was made.

The Clarification Process

To make a consommé, you clarify a stock or broth. The stock or broth to be clarified must be cold and grease-free. During clarification, the cold degreased stock or broth is combined with a mixture known as a **clearmeat** or clarification. A clearmeat is a mixture of egg whites; ground meat, poultry or fish; mirepoix, herbs and spices; and an acidic product, usually tomatoes, lemon juice or wine. (An onion brûlé, also known as an oignon brûlé, is also often added to help flavor and color the consommé. See Chapter 9, *Mise en Place*.)

In the next step of clarification, the stock or broth and clearmeat are slowly brought to a simmer. As the albumen in the egg whites and meat begins to coagulate at 120°F (48°C), it traps impurities suspended in the liquid. As coagulation continues, the albumen-containing items combine with the other clearmeat ingredients and rise to the liquid's surface, forming a **raft**. As the mixture simmers, the raft ingredients release their flavors, further enriching the consommé.

After simmering, the consommé is carefully strained through several layers of damp cheesecloth to remove any trace of impurities. It is then completely degreased, either by cooling and refrigerating, then removing the solidified fat, or by carefully ladling the fat from the surface. The result is a rich, flavorful, crystal-clear consommé.

Procedure for Preparing Consommés

- 1 Prepare the clearmeat. Whip the egg whites until frothy. In a suitable stockpot (if available, one with a spigot makes it much easier to strain the consommé when it is finished), combine the ground meat, lightly whipped egg whites and other clearmeat ingredients.
- 2 Add the cold stock or broth and stir to combine with the clearmeat ingredients, onion brûlé and sachet d'épices.
- 3 Over medium heat, slowly bring the mixture to a simmer, stirring occasionally. Stop stirring once the raft begins to form.
- 4 As the raft forms, make a hole in its center so that the liquid can bubble through. This will allow the raft to cook completely and will extract as much flavor as possible from the raft ingredients.
- 5 Simmer the consommé until full flavor develops, approximately 1 to 1½ hours.
- 6 Carefully strain the consommé through several layers of damp cheesecloth and degrease completely.
- 7 If the consommé will not be used immediately, it should be cooled and refrigerated, following the procedures for cooling stocks discussed in Chapter 11, *Stocks and Sauces*. When the consommé is completely cold, remove any remaining fat that solidifies on its surface.
- 8 If, after reheating the consommé, small dots of fat appear on the surface, remove them by blotting with a small piece of paper towel.

raft a crust formed during the process of clarifying consommé; it is composed of the clearmeat and impurities from the stock, which rise to the top of the simmering stock and release additional flavors

Classic Consommés

Many classic consommés are known by their garnishes. A few are listed here with their characteristic garnishes:

Consommé brunoise: Blanched or sautéed brunoise of turnip, leek, celery and onion

Consommé julienne: Blanched or sautéed julienne of carrot, turnip, leek, celery, cabbage and onion

Consommé paysanne: Blanched or sautéed paysanne of leek, turnip, carrot, celery and potato

Consommé bouquetière: Assorted blanched vegetables

Consommé madrilène: Tomatoes or tomato juice; served hot or cold

Consommé royale: Cooked custard cut into tiny shapes

Angel hair consommé: Cooked angel hair (vermicelli) pasta

Consommé with profiteroles: Tiny profiteroles (pâte à choux rounds) stuffed with foie gras

♥ Good Choice

MISE EN PLACE

- Peel and chop onions, carrots and celery for mirepoix.
- Seed and dice tomato.
- Prepare onions brûlés and herb sachet.



- 1 Combining the ingredients for the clearmeat.



- 2 Making a hole in the raft to allow the liquid to bubble through.

Beef Consommé

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Consommé

Egg whites	10	10
Ground beef, lean, preferably shank, neck or shoulder	2 lb.	960 g
Mirepoix	1 lb.	480 g
Tomatoes, seeded and diced	12 oz.	360 g
Beef broth or stock, cold	5 qt.	4.8 lt
Onions brûlés	2	2
Sachet:		
Bay leaves	2	2
Dried thyme	½ tsp.	2 ml
Peppercorns, crushed	½ tsp.	2 ml
Parsley stems	8	8
Cloves, whole	2	2
Salt	TT	TT

- 1 Whip the egg whites until slightly frothy.
- 2 Combine the egg whites, beef, mirepoix and tomatoes in an appropriate stockpot.
- 3 Add the broth or stock; mix well and add the onions brûlés and sachet.
- 4 Bring the mixture to a simmer over medium heat, stirring occasionally. Stop stirring when the raft begins to form.
- 5 Break a hole in the center of the raft to allow the consommé to bubble through.
- 6 Simmer until full flavor develops, approximately 1½ hours.
- 7 Strain through several layers of moist cheesecloth, degrease and adjust the seasonings. Cool and refrigerate or hold for service.

Note Guidelines for garnishing consommés as well as some classic garnishes are listed on page 274.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 20, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 500 mg, **Total carbohydrates** 1 g, **Protein** 4 g, **Claims**—low fat; low calorie



- 3 Degreasing the consommé with a paper towel.



- 4 The finished consommé is clear with no trace of fat.

Correcting a Poorly Clarified Consommé

A clarification may fail for a variety of reasons. For example, if the consommé is allowed to boil or if it is stirred after the raft has formed, a cloudy consommé can result. If the consommé is insufficiently clear, a second clarification can be performed using the following procedure. This second clarification should be performed only once, however, and only if absolutely necessary, because the eggs remove not only impurities but also some of the consommé's flavor and richness.

- 1 Thoroughly chill and degrease the consommé.
- 2 Lightly beat together four egg whites for each gallon (approximately 4 liters) of consommé. Stir the whites into the cold degreased consommé.
- 3 Slowly bring the consommé to a simmer, stirring occasionally. Stop stirring when the egg whites begin to coagulate.
- 4 When the egg whites are completely coagulated, carefully strain the consommé through moist cheesecloth.

THICK SOUPS

There are two kinds of thick soups: cream soups and purée soups. In general, cream soups are thickened with a roux or other starch, whereas purée soups rely on a purée of the main ingredient for thickening. But in certain ways the two soups are very similar; some purée soups are finished with cream or partially thickened with a roux or other starch. See Tables 12.1 and 12.2.

Cream Soups

Most cream soups are made by simmering the main flavoring ingredient (e.g., broccoli for cream of broccoli soup) in a white stock or thin **velouté** sauce to which seasonings have been added. The mixture is then puréed and strained. After the consistency has been adjusted, the soup is finished by adding cream. In classic cuisine, thin **béchamel** sauce is often used as the base for cream soups and can be substituted for velouté in many cream soup recipes if desired. Properly made cream soups should have a silken texture and the thickness of heavy cream. The flavor of the soups' main ingredient should be pronounced.

Both hard vegetables (e.g., carrots, celery and squash) and soft or leafy vegetables (e.g., spinach, corn, broccoli, mushrooms and asparagus) are used in cream soups. Hard vegetables are generally sweated in butter without browning before the liquid is added. Soft and leafy vegetables are generally added to the soup after the liquid is brought to a boil. Because cream soups are puréed, it is important to cook the flavoring ingredients until they are soft and can be passed through a food mill easily.

SOUPS, THEIR THICKENING AGENTS AND FINISHES

TABLE 12.1

CATEGORY	TYPE	THICKENING AGENT OR METHOD	FINISH
Clear soups	Broths	None	Assorted garnishes
	Consommés	None	Assorted garnishes
Thick soups	Cream soups	Roux and/or puréeing	Assorted garnishes, cream or béchamel sauce
	Purée soups	Puréeing	Assorted garnishes; cream is optional
Other soups	Bisques	Roux or rice and puréeing	Garnish of main ingredient, cream and/or butter
	Chowders	Roux	Cream
Cold soups	Cooked cold soups	Roux, arrowroot, cornstarch, puréeing, sour cream, yogurt	Assorted garnishes, cream, crème fraîche, sour cream or yogurt
	Uncooked cold soups	Puréeing	Assorted garnishes, cream, crème fraîche, sour cream or yogurt

CREAM AND PURÉE SOUPS		TABLE 12.2
	CREAM SOUPS	PURÉE SOUPS
Technique	Cook principal ingredient in stock or velouté sauce	Cook principal ingredient in stock or water
Thickener	Roux or roux-thickened sauce	Purée of starchy ingredients
Texture	Strained; very smooth and rich	Not strained; slightly coarse and grainy

All cream soups are finished with milk or cream. Milk thins the soup while adding richness; the same amount of cream adds much more richness without the same thinning effect. Cold milk and cream curdle easily if added directly to a hot or acidic soup.

To prevent curdling:

- 1 Never add cold milk or cream to hot soup. Bring the milk or cream to a simmer before adding it to the soup, or temper the milk or cream by gradually adding some hot soup to it and then incorporating the warmed mixture into the rest of the soup.
- 2 Add the milk or cream to the soup just before service, if possible.
- 3 Do not boil the soup after the milk or cream has been added.
- 4 Use béchamel or **cream sauce** instead of milk or cream to finish cream soups; the roux or other starch helps prevent curdling.

cream sauce a sauce made by adding cream to a béchamel sauce

Procedure for Preparing Cream Soups

- 1 In a soup pot, sweat hard vegetables, such as squash, onions, carrots and celery, in oil or butter without browning.
- 2 In order to thicken the soup:
 - a. add flour to the vegetables and cook to make a blond roux, then add the stock or other liquid as required, or
 - b. add the stock to the vegetables, bring the stock to a simmer and add a blond roux that was prepared separately, or
 - c. add a thin velouté or béchamel sauce (which contain roux) to the vegetables and then add the stock.
- 3 Bring to a boil and reduce to a simmer.
- 4 Add any soft vegetables such as broccoli or asparagus, and a sachet or bouquet garni as desired.
- 5 Simmer the soup, skimming occasionally, until the vegetables are very tender.
- 6 Purée the soup by passing it through a food mill or by using a blender, food processor or vertical cutter/mixer (VCM). Strain through a china cap if desired. If the soup is too thick, adjust the consistency by adding hot white stock.
- 7 Finish the soup by adding hot milk or cream or a thin béchamel or cream sauce. Adjust the seasonings and serve.

Cream of Broccoli Soup

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Cream

Whole butter	4 oz.	120 g
Onions, medium dice	8 oz.	240 g
Celery, medium dice	4 oz.	120 g
Broccoli, chopped	2 lb.	960 g
Chicken velouté sauce, hot	3 qt.	2.8 lt
Chicken stock, hot	1 pt.	480 ml
Heavy cream, hot	1 pt.	480 ml
Salt and white pepper	TT	TT
Broccoli florets	as needed for garnish	
Croutons, sautéed in butter	as needed for garnish	

- Sweat the onions and celery in the butter, without browning, until they are nearly tender, approximately 2 minutes. Add the broccoli and sweat until tender, approximately 10 minutes.
- Add the velouté sauce. Bring to a simmer and cook until the vegetables are tender, approximately 15 minutes. Skim the surface periodically.
- Purée the soup by passing it through a food mill or by using a blender, food processor or vertical cutter/mixer (VCM). If a smoother product is desired, strain it through a china cap.
- Return the soup to the stove and thin it to the desired consistency with some of the stock.
- Bring the soup to a simmer and add the cream. Season to taste.
- Serve the soup in warm bowls garnished with blanched broccoli florets and croutons just before service.

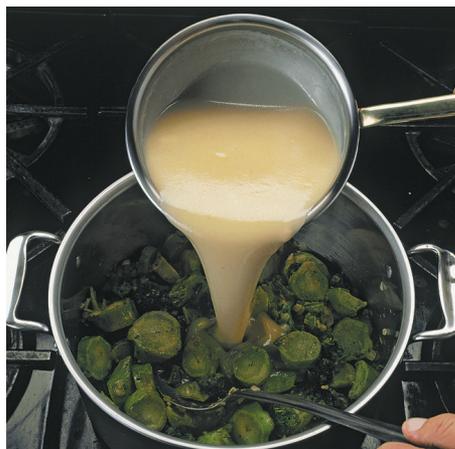
Variations:

To make cream of asparagus, cauliflower, corn, pea or spinach soup, substitute an equal amount of the chosen vegetable for the broccoli. If using fresh spinach, precook the leaves slightly before proceeding with the recipe.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 250, **Total fat** 20 g, **Saturated fat** 13 g, **Cholesterol** 60 mg, **Sodium** 1010 mg, **Total carbohydrates** 13 g, **Protein** 7 g, **Vitamin A** 35%, **Vitamin C** 70%

MISE EN PLACE

- Peel onions. Chop onions and celery into medium dice.
- Chop broccoli.
- Prepare velouté sauce and keep warm.
- While the soup is simmering, blanch broccoli florets and prepare the croutons.



1 Adding the velouté sauce.



2 Puréeing the soup by passing it through a food mill.



3 The finished soup has a silken texture and the thickness of heavy cream.

Purée Soups

Purée soups are hearty soups made by cooking starchy vegetables or legumes in a stock or broth, then puréeing all or a portion of them to thicken the soup. Purée soups are similar to cream soups in that they both consist of a main ingredient that is first cooked in a liquid, then puréed. The primary difference is that unlike cream soups, which are thickened with starch, purée soups generally do not use additional starch for thickening. Rather, purée soups depend on the starch content of the main ingredient for thickening. Also purée soups are generally coarser than cream soups and are typically not strained after puréeing. See Table 12.2. When finishing purée soups with cream, follow the guidelines discussed for adding cream to cream soups.

Purée soups can be made with dried or fresh beans such as peas, lentils and navy beans, or with any number of vegetables, including cauliflower, celery root, turnips and potatoes. Diced potato or rice is often used to help thicken vegetable purée soups. Purée pea, bean or vegetable soups, when not enriched with fat and cream, are good sources of dietary fiber and considered healthy alternatives to cream soups.

Procedure for Preparing Purée Soups

- 1 Sweat the mirepoix in butter or other fat without browning.
- 2 Add the cooking liquid.
- 3 Add the main ingredients and a sachet or bouquet garni.
- 4 Bring to a boil, reduce to a simmer and cook until all the ingredients are soft enough to purée easily. Remove and discard the sachet or bouquet garni.
- 5 Reserve a portion of the liquid, if available, to adjust the soup's consistency. Purée the rest of the soup by passing it through a food mill or by using a blender, food processor or VCM.
- 6 Add enough of the reserved liquid or hot stock to bring the soup to the desired consistency.
- 7 Return the soup to a simmer and adjust the seasonings.
- 8 Add hot cream to the soup if desired.

Purée of Split Pea Soup

MISE EN PLACE

- Dice bacon.
- Peel onions, carrots and celery and chop into medium dice for mirepoix.
- Peel and chop garlic.
- Wash and sort split peas.
- Prepare herb sachet.
- While the soup is simmering, prepare the croutons.

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Purée

Bacon, diced	3 oz.	90 g
Mirepoix, medium dice	1 lb.	480 g
Garlic cloves, chopped	2	2
Chicken stock	3 qt.	2.8 lt
Split peas, washed and sorted	1 lb.	480 g
Ham hocks or meaty ham bones	1½ lb.	720 g
Sachet:		
Bay leaves	2	2
Dried thyme	½ tsp.	2 ml
Peppercorns, crushed	½ tsp.	2 ml
Salt and pepper	TT	TT
Croutons, sautéed in butter	as needed for garnish	

render to melt and clarify fat

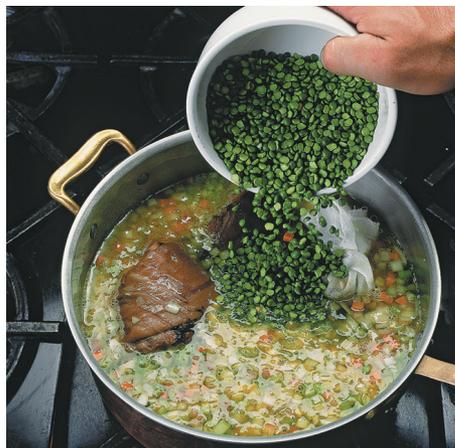
- 1 In a stockpot, **render** the bacon by cooking it slowly and allowing it to release its fat; sweat the mirepoix and garlic in the fat without browning them.
- 2 Add the stock, peas, ham hocks or bones and sachet. Bring to a boil, reduce to a simmer and cook until the peas are soft, approximately 1–1½ hours.
- 3 Remove the sachet and ham hocks or bones. Purée the soup by passing it through a food mill or by using a blender, food processor or vertical cutter/mixer (VCM). Return the soup to the stockpot.

- 4 Remove the meat from the hocks or bones. Cut the meat into medium dice and add it to the soup.
- 5 Bring the soup to a simmer and, if necessary, adjust the consistency by adding hot chicken stock. Adjust the seasonings and serve, garnished with croutons.

Variations:

White beans, yellow peas and other dried beans can be soaked overnight in water and used instead of split peas.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 110, **Total fat** 4 g, **Saturated fat** 1.5 g, **Cholesterol** 20 mg, **Sodium** 870 mg, **Total carbohydrates** 6 g, **Protein** 11 g



1 Adding peas to the stockpot.



2 Puréeing the split pea soup.



3 Garnishing the finished soup with croutons.

Adjusting the Consistency of Thick Soups

Cream and purée soups tend to thicken when made in advance and refrigerated. To dilute a portion being reheated, add hot stock, broth, water or milk to the hot soup as needed.

If the soup is too thin, additional roux, *beurre manié* or cornstarch mixed with cool stock can be used to thicken it. If additional starch is added to thicken the soup, it should be used sparingly and the soup should be simmered a few minutes to cook out the starchy flavor. A liaison of egg yolks and heavy cream can be used to thicken cream soups when added richness is also desired. Remember, the soup must not boil after the liaison is added or it may curdle.

OTHER SOUPS

Several popular types of soup do not fit the descriptions of, or follow the procedures for, either clear or thick soups. Soups such as bisques and chowders as well as many cold soups use special methods or a combination of the methods used for clear and thick soups.

Bisques

Traditional bisques are shellfish soups thickened with cooked rice. Today bisques are prepared using a combination of cream and purée soup procedures. They are generally made from shrimp, lobster or crayfish and are thickened with a roux instead of rice for better stability and consistency.

Much of a bisque's flavor comes from crustacean shells, which are simmered in the cooking liquid, puréed (along with the *mirepoix*), returned to the cooking liquid and

strained after further cooking. Puréeing the shells and returning them to the soup also adds the thickness and grainy texture associated with bisques.

Bisques are enriched with cream, following the procedures for cream soups, and can be finished with butter for additional richness. The garnish should be diced flesh from the appropriate shellfish.

Procedure for Preparing Bisques

- 1 Caramelize the mirepoix and main flavoring ingredient in fat.
- 2 Add a tomato product. Flavor with brandy if desired and deglaze with wine.
- 3 Add the cooking liquid (stock or velouté sauce).
- 4 Incorporate roux if needed.
- 5 Simmer, skimming as needed.
- 6 Strain the soup, reserving the solids and liquid if desired. (If called for, purée the solids in a food mill, blender or food processor and return them to the liquid.) Return to a simmer.
- 7 Strain the soup through a fine chinois or a china cap lined with cheesecloth.
- 8 Return the soup to a simmer and finish with hot cream.

To add even more richness to the bisque, monté au beurre with whole butter or a compound butter such as shrimp or lobster butter just before the soup is served. Also, if desired, add 3 ounces (90 milliliters) sherry to each gallon (approximately 4 liters) of soup just before service.

Shrimp Bisque

MISE EN PLACE

- Peel onions, carrots and celery and chop fine for mirepoix.
- Peel and chop garlic.
- Prepare fish velouté with shrimp stock.
- Prepare herb sachet.
- Peel and devein shrimp.
- While the bisque is simmering, wash and chop basil in chiffonade.

YIELD 1 gal. (3.8 lt), 32 Servings,
4 fl. oz. (120 ml) each

METHOD Bisque

Clarified butter	3 fl. oz.	90 ml
Mirepoix, chopped fine	1 lb.	480 g
Shrimp shells and/or lobster or crayfish shells and bodies	2 lb.	960 g
Garlic cloves, chopped	2	2
Tomato paste	2 oz.	60 g
Brandy	4 fl. oz.	120 ml
White wine	12 fl. oz.	360 ml
Fish velouté (made with shrimp stock)	1 gal.	3.8 lt
Sachet:		
Bay leaf	1	1
Dried thyme	½ tsp.	2 ml
Peppercorns, crushed	½ tsp.	2 ml
Parsley stems	8	8
Heavy cream, hot	1 pt.	480 ml
Salt and white pepper	TT	TT
Cayenne pepper	TT	TT
Dry or cream sherry wine, optional	4 fl. oz.	120 ml
Shrimp, peeled and deveined	1 lb.	480 g
Fresh basil, chiffonade	as needed for garnish	



- 1 Caramelize the mirepoix and shrimp shells in the butter.
- 2 Add the garlic and tomato paste and sauté lightly.
- 3 Add the brandy and flambé.
- 4 Add the wine. Deglaze and reduce the liquid by half.
- 5 Add the velouté and sachet and simmer for approximately 1 hour, skimming occasionally.
- 6 Strain, discarding the sachet and reserving the liquid and solids. Purée the solids and return them to the liquid. Return to a simmer and cook for 10 minutes.
- 7 Strain the bisque through a fine chinois or china cap lined with cheesecloth.
- 8 Return the bisque to a simmer and add the cream.
- 9 Season to taste with salt, white pepper and cayenne pepper. Add sherry, if using.
- 10 Cook the shrimp and slice or dice them as desired. Garnish each portion of soup with cooked shrimp and the basil chiffonade.

Approximate values per 4-fl.-oz. (120-ml) serving: **Calories** 110, **Total fat** 10 g, **Saturated fat** 6 g, **Cholesterol** 60 mg, **Sodium** 160 mg, **Total carbohydrates** 2 g, **Protein** 4 g, **Vitamin A** 10%

Chowders

Although chowders are usually associated with the eastern United States where fish and clams are plentiful, they are of French origin. Undoubtedly the word chowder is derived from the Breton phrase *faire chaudière*, which means to make a fish stew in a caldron. The procedure was probably brought to Nova Scotia by French settlers and later introduced to New England.

Chowders are hearty soups with chunks of the main ingredients (including, virtually always, diced potatoes) and garnishes. With some exceptions (notably Manhattan clam chowder), chowders contain milk or cream. Although there are thin chowders, most chowders are thickened with roux. The procedures for making chowders are similar to those for making cream soups except chowders are not puréed and strained before the cream is added.

Procedure for Preparing Chowders

- 1 Prepare the broth or stock for the chowder.
- 2 Render finely diced salt pork over medium heat.
- 3 Sweat mirepoix or other aromatic vegetables in the rendered pork.
- 4 Add flour to make a roux.
- 5 Add the liquid.
- 6 Add the seasoning and flavoring ingredients according to their cooking times.
- 7 Simmer, skimming as needed.
- 8 Add milk or cream.

Seasonings for Soups

The addition of herbs and spices ensures memorable soups. Tender, mild fresh herbs such as chervil, chives, cilantro, dill and parsley add a bright, clean taste to broth, starch and vegetable combinations, especially when added just before serving. Many thick purée soups, when made without milk or cream, benefit from a splash of citrus juice or vinegar immediately before serving. The piney flavors of fresh basil or mint work well in hearty vegetable or bean soups such as minestrone. Pungent herbs such as rosemary and thyme or strong spices should be used judiciously if at all in soups, although a delicate grating of nutmeg complements most cream soups.

New England–Style Clam Chowder

MISE EN PLACE

- Peel and dice potatoes.
- Dice the salt pork.
- Peel and dice onions and celery.
- While the chowder is simmering, peel and julienne carrot garnish and prepare the croutons.



The finished chowder has a creamy, silken texture with the rich flavor of clams.

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Cream

Canned clams with juice	2 qt.	1.9 lt
Water or fish stock	approx. 1 qt.	approx. 960 lt
Potatoes, small dice	1 lb.	480 g
Salt pork, small dice	8 oz.	240 g
Whole butter	2 oz.	60 g
Onions, small dice	1 lb.	480 g
Celery, small dice	8 oz.	240 g
Flour	4 oz.	120 g
Milk	1 qt.	960 ml
Heavy cream	8 fl. oz.	240 ml
Salt and pepper	TT	TT
Tabasco sauce	TT	TT
Worcestershire sauce	TT	TT
Fresh thyme	TT	TT
Fresh herbs	as needed for garnish	
Croutons, sautéed in oil	as needed for garnish	
Slab bacon, julienne, cooked	as needed for garnish	

- 1 Drain the clams, reserving both the clams and their liquid. Add enough water or stock so that the total liquid equals 1½ quarts (1.4 liters).
- 2 Simmer the potatoes in the clam liquid until nearly cooked through. Strain and reserve the potatoes and the liquid.
- 3 Render the salt pork with the butter. Add the onions and celery to the rendered fat and sweat until tender but not brown.
- 4 Add the flour and cook to make a blond roux.
- 5 Add the clam liquid to the roux, whisking away any lumps.
- 6 Bring to a simmer and cook for 30 minutes, skimming as necessary.
- 7 Bring the milk and cream to a boil and add to the soup.
- 8 Add the clams and potatoes, and season to taste with salt, pepper, Tabasco sauce, Worcestershire sauce and thyme. Return to a simmer.
- 9 Garnish each serving with fresh herbs, croutons and cooked bacon.

Note If using fresh clams for the chowder, wash and steam ½ bushel (15 liters) chowder clams in a small amount of water to yield 1¼ quarts (1.2 liters) clam meat. Chop the clams. Strain the liquid through cheesecloth to remove any sand that may be present. Add enough water or stock so that the total liquid is 1½ quarts (1.4 liters). Continue with the recipe, starting at Step 2.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 260, **Total fat** 17 g, **Saturated fat** 8 g, **Cholesterol** 50 mg, **Sodium** 790 mg, **Total carbohydrates** 15 g, **Protein** 11 g, **Vitamin A** 10%, **Calcium** 10%

Cold Soups

Cold soups can be as simple as a chilled version of a cream soup or as creative as a cold fruit soup blended with yogurt. Cold fruit soups have become popular on contemporary dessert menus. Other than the fact that they are cold, cold soups are difficult to classify because many of them use unique or combination preparation methods. Regardless they are divided here into two categories: cold soups that require cooking and those that do not.

Cooked Cold Soups

Many cold soups are simply a chilled version of a hot soup. For example, consommé madrilène and consommé portugaise are prepared hot and served cold. Vichyssoise is a cold version of puréed potato-leek soup. When serving a hot soup cold, there are several considerations:

- If the soup is to be creamed, add the cream at the last minute. Although curdling is not as much of a problem as it is with hot soups, adding the cream at the last minute helps extend the soup's shelf life.
- Cold soups should have a thinner consistency than hot soups. To achieve the proper consistency, use less starch if starch is used as the thickener, or use a higher ratio of liquid to main ingredient if the soup is thickened by puréeing. Consistency should be checked and adjusted at service time.
- Cold dulls the sense of taste, so cold soups require more seasoning than hot ones. Taste the soup just before service and adjust the seasonings as needed.
- Always serve cold soups as cold as possible, using chilled bowls.

Safety Alert

Cooked Cold Soup

Cooked cold soups, especially those made with potatoes, beans, dairy products or other high-protein foods, require time and temperature control for safety (TCS). They must be chilled quickly and held at or below 41°F (5°C). Because these soups will not be reheated for service, cross-contamination is also a concern. Keep the soup covered and store it above any raw meat, poultry or seafood in the cooler.

Vichyssoise (Cold Potato-Leek Soup)

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Purée

Leeks, white part only	2 lb.	960 g
Whole butter	8 oz.	240 g
Russet potatoes, large dice	2 lb.	960 g
Chicken stock	3½ qt.	3.3 lt
Salt and white pepper	TT	TT
Heavy cream	24 fl. oz.	720 ml
Chives, snipped	as needed for garnish	
Leek slices, cooked	as needed for garnish	
Slab bacon, julienne, cooked	as needed for garnish	

- 1 Split the leeks lengthwise and wash well to remove all sand and grit. Slice them thinly.
- 2 Sweat the leeks in the butter without browning them.
- 3 Add the diced potatoes and stock, season with salt and white pepper and bring to a simmer.
- 4 Simmer until the leeks and potatoes are very tender, approximately 45 minutes.
- 5 Purée the soup in a food processor, blender or food mill; strain through a fine sieve.
- 6 Chill the soup well.
- 7 At service time, incorporate the cream and adjust the seasonings. Serve in chilled bowls, garnished with snipped chives, cooked leek slices and bacon.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 300, **Total fat** 22 g, **Saturated fat** 13 g, **Cholesterol** 70 mg, **Sodium** 660 mg, **Total carbohydrates** 19 g, **Protein** 6 g, **Vitamin A** 20%, **Vitamin C** 20%

Many cooked cold soups use fruit juice (typically apple, grape or orange) as a base and are thickened with cornstarch or arrowroot as well as with puréed fruit. For additional flavor, wine is sometimes used in the place of a portion of the fruit juice. Cooked cold soups may be based on a cooked fruit that is puréed. Cinnamon, ginger and other spices that complement fruit are commonly added, as is lemon juice, lime juice or vinegar, which add acidity as well as flavor. Buttermilk, crème fraîche, yogurt or sour cream can be used as an ingredient or garnish to add richness.

MISE EN PLACE

- Wash and trim leeks.
- Peel and dice potatoes.
- While the soup is chilling, snip chives, cook sliced leeks and prepare bacon garnish.



 **Good Choice**

MISE EN PLACE

- Peel and chop onions and garlic.
- Wash, peel, seed and dice melon.
- Chop basil and prepare Crisp Prosciutto Chips while soup is chilling.

Chilled Melon Soup

YIELD 1 gal. (3.8 lt), 21 Servings,
6 oz. (180 ml) each

METHOD Cooked Cold

Olive oil	6 fl. oz.	180 ml
Almonds, sliced, blanched	4 oz.	120 g
Onion, chopped	12 oz.	360 g
Garlic, chopped	4 Tbsp.	60 ml
Cantaloupe, peeled, seeded, large dice	4 lbs.	1.2 kg
Honeydew, peeled, seeded, large dice	4 lbs.	1.2 kg
Agave nectar or honey	4 Tbsp.	60 ml
Buttermilk	1 qt.	1 lt
Basil leaves, chopped	4 Tbsp.	60 ml
Salt	TT	TT
Balsamic vinegar	1 fl. oz.	30 ml
Crisp Prosciutto Chips (recipe follows)	as needed	as needed
Micro greens	as needed	as needed



- 1 Heat a large sauce pot over medium heat. Add the olive oil to the pot. Add the almonds and cook until they are golden brown.
- 2 Add the onions and garlic and sweat until translucent.
- 3 Add the melons and cook for approximately 10 minutes or until the fruit softens and breaks down.
- 4 Add the agave nectar and buttermilk and return to a simmer and cook for approximately 15 minutes until the melon is completely soft and the flavors have blended.
- 5 Remove from the heat and cool for several minutes. Process the soup in a blender with the basil leaves until smooth. This can be done in several batches if necessary.
- 6 Season the soup with salt. Strain the soup through a coarse mesh strainer into a nonreactive container. Cool, cover and refrigerate.
- 7 Serve the soup in chilled soup bowls garnished with crumbled Crisp Prosciutto Chips and micro greens.

Crisp Prosciutto Chips

YIELD 1 oz. (30 g)

Prosciutto ham, sliced thin	2 oz.	60 g
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- 1 Line a sheet pan with a silicone baking pan liner. Place the slices of prosciutto on the pan and cover with another silicone baking pan liner.
- 2 Bake at 350°F (180°C) until the slices are uniformly crisp and firm like bacon, approximately 15 minutes.
- 3 Transfer the cooked prosciutto slices to a sheet pan lined with paper towels to drain any excess fat.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 180, **Total fat** 10 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 120 mg, **Total carbohydrates** 23 g, **Protein** 4 g, **Vitamin A** 60%, **Vitamin C** 80%

Uncooked Cold Soups

Some cold soups are not cooked at all. Rather they rely only on puréed fruits or vegetables for thickness, body and flavor. Cold stock is sometimes used to adjust the soup's consistency. Dairy products such as cream, sour cream and crème fraîche may also be added to enrich and flavor the soup.

Gazpacho

♥ Good Choice ✓ Vegan

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Uncooked Cold

Tomatoes, peeled and diced	2 lb. 8 oz.	1.2 kg
Onions, medium dice	8 oz.	240 g
Green bell pepper, medium dice	1	1
Red bell pepper, medium dice	1	1
Cucumbers, peeled, seeded, medium dice	1 lb.	480 g
Garlic, minced	1 oz.	30 g
Red wine vinegar	2 fl. oz.	60 ml
Lemon juice	2 fl. oz.	60 ml
Olive oil	4 fl. oz.	120 ml
Salt and pepper	TT	TT
Cayenne pepper	TT	TT
Fresh bread crumbs, optional	3 oz.	90 g
Tomato juice	3 qt.	2.8 lt
Vegetable Stock (page 212)	as needed	as needed
Garnish:		
Tomatoes, peeled, seeded, small dice	8 oz.	240 g
Red bell pepper, small dice	4 oz.	120 g
Green bell pepper, small dice	4 oz.	120 g
Yellow bell pepper, small dice	4 oz.	120 g
Cucumber, peeled, seeded, small dice	3 oz.	90 g
Green onion, sliced fine	2 oz.	60 g
Green onion, julienne	as needed for garnish	

- 1 Combine and purée all ingredients except the tomato juice, stock and garnish in a VCM, food processor or blender.
- 2 Stir in tomato juice.
- 3 Adjust the consistency with stock.
- 4 Stir in the vegetable garnishes and adjust the seasonings.
- 5 Serve in chilled cups or bowls garnished with green onion julienne.

Variation:

A chunky gazpacho can be made by not puréeing all the ingredients completely. Less garnish will be required.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 70, **Total fat** 0.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 600 mg, **Total carbohydrates** 14 g, **Protein** 3 g, **Vitamin A** 15%, **Vitamin C** 70%, **Claims**—low fat; no cholesterol

MISE EN PLACE

- Peel and dice tomatoes, onions and peppers.
- Peel, seed and dice cucumbers.
- Peel and mince garlic.
- Peel and slice green onions.



⚠ Safety Alert

Uncooked Cold Soup

Because uncooked cold soups are never heated, enzymes and bacteria are not destroyed and the soup can spoil quickly. Many cold soups also contain dairy products, which makes them a time and temperature control for safety (TCS) food. When preparing uncooked cold soups, always prepare small batches as close to service time as possible. Keep the soup at or below 41°F (5°C) at all times. Cover and store leftovers properly.

GARNISHING SOUPS

Garnishes and toppings can range from a simple sprinkle of chopped parsley on a bowl of cream soup to tiny profiteroles stuffed with foie gras adorning a crystal-clear bowl of consommé. Some soups are so full of attractive, flavorful and colorful foods that are integral parts of the soup (e.g., vegetables and chicken in chicken vegetable soup) that no additional garnishes are necessary. In others, the garnish determines the type of soup. For example, a beef broth garnished with cooked barley and diced beef becomes beef barley soup.

Guidelines for Garnishing Soups

Although some soups (particularly consommés) have traditional garnishes, many soups depend on the chef's imagination and the kitchen's inventory for the finishing garnish. The only rules are as follows:

- 1 The garnish should be attractive.
- 2 The meats and vegetables used should be neatly cut into an appropriate and uniform shape and size. This is particularly important when garnishing a clear soup such as a consommé, as the consommé's clarity highlights the precise (or imprecise) cuts.
- 3 The garnish's texture and flavor should complement the soup.
- 4 Starches and vegetables used as garnishes should be cooked separately, reheated and placed in the soup bowl before the hot soup is added. If they are cooked in the soup, they may cloud or thicken the soup or alter its flavor, texture and seasoning.
- 5 Garnishes should be cooked just until done; meat and poultry should be tender but not falling apart, vegetables should be firm but not mushy, and pasta and rice should maintain their identity. These types of garnishes are usually held on the side and added to the hot soup at the last minute to prevent overcooking.

Garnishing Suggestions

Some garnishes are used to add texture, as well as flavor and visual interest, to soups. Items such as crunchy croutons or oyster crackers, crispy crumbled bacon on a cream soup or diced meat in a clear broth soup add a textural variety that makes the final product more appealing.

Clear soups: Any combination of julienne cuts of the same meat, poultry, fish or vegetable that provides the dominant flavor in the stock or broth; vegetables (cut uniformly into any shape), pasta (flat, small tortellini or tiny ravioli), gnocchi, quenelles, barley, spaetzle, white or wild rice, croutons, crepes, tortillas or won tons.

Cream soups, hot or cold: Toasted slivered almonds, sour cream or crème fraîche, croutons, grated cheese or baked puff pastry cut-outs; cream vegetable soups are usually garnished with slices or florets of the main ingredient.

Purée soups: Julienne cuts of poultry or ham, sliced sausage, croutons, grated cheese or bacon bits.

Any soup: Finely chopped fresh herbs, snipped chives, edible flowers, parsley or watercress.

SOUP SERVICE

Most soups can be made ahead of time, cooled down rapidly to ensure food safety and refrigerated until needed. To preserve freshness and quality, small batches of soup should be reheated as needed throughout the meal service.

Clear soups are quite easy to reheat because there is little danger of scorching. If garnishes are already added to a clear soup, care should be taken not to overcook the

garnishes when reheating the soup. All traces of fat should be removed from a consommé's surface before reheating.

Thick soups present more of a challenge. To increase shelf life and reduce the risk of spoilage, cool and refrigerate a thick soup when it is still a base (i.e., before it is finished with milk or cream). Just before service, carefully reheat the soup base using a heavy-gauge pot over low heat. Stir often to prevent scorching. Then finish the soup (following the guidelines noted earlier in this chapter) with boiling milk or cream, a light béchamel sauce or a liaison and adjust the seasonings. Always taste the soup after reheating and adjust the seasonings as needed.

Temperatures

The rule is simple: Serve hot soup hot and cold soup cold. Hot clear soups should be served near boiling; 210°F (99°C) is ideal. Hot cream soups should be served at slightly lower temperatures; 190–200°F (88–93°C) is acceptable. Cold soups should be served at a temperature of 41°F (5°C) or below and can be presented in special serving pieces surrounded by ice.

Portion Sizes

Soup portion sizes will vary depending on the meal course. When offered as an hors d'oeuvre on trays passed by the service staff, 2–3 fluid ounces (60–90 milliliters) of soup may be adequate. Appetizer portions of soup are customarily 6–9 fluid ounces (180–270 milliliters), but this can vary. Rich bisque made from costly shellfish, for example, may be served in a smaller portion size. When serving soup as a main course, plan on 10–14 fluid ounces per portion, and accompany it with bread, breadsticks, crackers and the kind of garnish that will satisfy a hungry guest.



A cold cream soup served in small glasses as a passed hors d'oeuvre.

QUESTIONS FOR DISCUSSION

- 1 What are the differences between a stock and a broth?
- 2 What are the differences between a beef consommé and a beef-based broth? How are they similar?
- 3 What are the differences between a cream soup and a purée soup? How are they similar?
- 4 Create a recipe for veal consommé.
- 5 Create a cream soup recipe using seasonal ingredients available in your local market. Discuss the changes required when adapting the recipe on page 265 for your chosen ingredient.
- 6 Discuss ways to incorporate seasonal produce currently available in your area of the country into a soup that is served cold. Which produce items might be best in cooked cold soups rather than in uncooked cold soups?
- 7 Explain how and why soups are garnished. Describe several ways to garnish a broth style soup.
- 8 Discuss options for serving soup. What can be done to ensure that soups are served at the correct temperature?

Additional Soup Recipes

Chicken and Sausage Gumbo

Gumbo, a thick, spicy stew, is traditional fare in the delta region of the American South. Gumbo is usually made with poultry, fish, shellfish or sausage and is thickened with dark roux. Okra or filé powder (ground sassafras leaves) may also be added for thickening. Filé powder is also sometimes added at the time of service for additional flavor. Gumbo is traditionally served over white rice.



YIELD 1 gal. (3.8 lt), 16 Servings,
8 fl. oz. (240 ml) each

METHOD Broth

Cayenne pepper	2 tsp.	10 ml
Garlic powder	2 tsp.	10 ml
Salt	1 Tbsp.	15 ml
Black pepper	2 tsp.	10 ml
Flour	10 oz.	300 g
Chicken, boneless, skinless cut in 1-in. (2.5-cm) pieces	3 lb.	1.4 kg
Vegetable oil	12 fl. oz.	360 g
Onions, medium dice	1 lb.	480 g
Celery, medium dice	8 oz.	240 g
Green bell pepper, medium dice	8 oz.	240 g
Garlic, chopped	2 Tbsp.	30 ml
Filé powder	2 Tbsp.	30 ml
Chicken stock	2 qt.	1.9 lt
Bay leaves	4	4
Andouille sausage, sliced, cut in half circles	1 lb.	480 g
Cooked long grain white rice	4 lb.	1.4 kg
Green onion tops, sliced	6 oz.	180 g

- 1 Combine the cayenne pepper, garlic powder, salt, black pepper and flour in a small bowl. Place the chicken in a medium stainless steel bowl. Add half of the seasoned flour to the chicken and toss to coat.
- 2 Heat 4 fluid ounces (120 milliliters) of the oil over medium-high heat in a heavy, wide bottomed saucepan or rondeau. Pan-fry the chicken until well browned. Remove the chicken from the pan and reserve.
- 3 Add the remaining oil to the pan and stir in the remaining seasoned flour to make a roux. Cook the roux over medium heat, stirring constantly, until the roux becomes a red-brown color, approximately 10–15 minutes. When the roux reaches the desired color, immediately add the onions, celery, green bell peppers and chopped garlic to the pan and stir to stop the roux from browning further.
- 4 Cook the vegetables in the roux until tender, approximately 10 minutes. Whisk in the filé powder and chicken stock. Add the bay leaves, bring the stock to a simmer and cook for 45 minutes, skimming any fat from the surface as necessary.
- 5 Add the andouille sausage and simmer for 15 minutes. Add the browned chicken and drippings to the gumbo. Return the gumbo to a simmer and cook for 5 minutes. Adjust the seasonings with cayenne, salt and pepper.
- 6 Serve each portion of gumbo with white rice and garnish with sliced green onion tops.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 420, **Total fat** 21 g, **Saturated fat** 3 g, **Cholesterol** 60 mg, **Sodium** 590 mg, **Total carbohydrates** 34 g, **Protein** 22 g, **Vitamin C** 25%, **Iron** 15%

Chicken Soup with Matzo Balls

 Good Choice

YIELD 1 gal. (3.8 lt) 21 Servings,
6 fl. oz. (180 ml) each

METHOD Broth

Chicken, cut into pieces, dark and light meat	4–5 lb.	1.8–2.2 kg
Chicken stock	6 qt.	5.8 lt
Mirepoix	1 lb.	480 g
Sachet:		
Bay leaf	1	1
Dried thyme	½ tsp.	2 ml
Peppercorns, crushed	½ tsp.	2 ml
Parsley stems	10	10
Salt and pepper	TT	TT
Fresh parsley, chopped	as needed for garnish	
Matzo Balls (recipe follows)	as needed for garnish	

- 1 Combine the chicken and stock in a stock pot. Bring to a simmer and cook for 2 hours, skimming as necessary.
- 2 Add the mirepoix and sachet. Simmer for another hour.
- 3 Strain and degrease the broth. Adjust seasonings. The soup is now ready to serve after matzo balls are added. Cool, cover and refrigerate for later use.
- 4 Bring to a boil at service time. Portion into heated bowls and garnish with chopped parsley and one or two matzo balls.

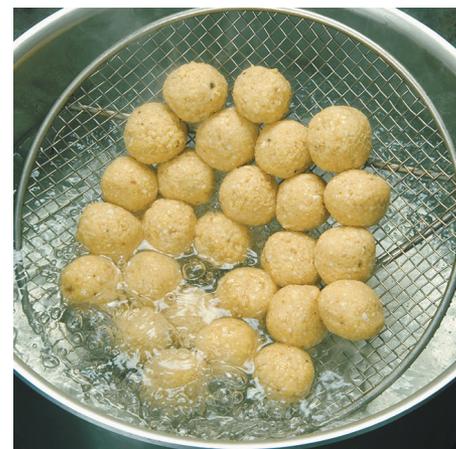
Matzo Balls

YIELD 24 Balls

Eggs	4	4
Water	2 fl. oz.	60 ml
Chicken fat or butter, softened	2 oz.	60 g
Matzo meal	4 oz.	120 g
Salt and white pepper	TT	TT

- 1 Beat the eggs with the water. Stir in the fat or butter.
- 2 Add matzo meal, salt and white pepper. The batter should be as thick as mashed potatoes.
- 3 Chill for at least 1 hour.
- 4 Bring 2 quarts (2 liters) water to a gentle boil. Using a #70 portion scoop, shape the batter into balls. Carefully drop each ball into the hot water. Cover and simmer until fully cooked, approximately 30 minutes. Remove the matzo balls from the water and serve in hot chicken soup.

Approximate values per 6-fl.-oz. (180-ml) serving with 2 matzo balls: **Calories** 120, **Total fat** 7 g, **Saturated fat** 2.5 g, **Cholesterol** 70 mg, **Sodium** 130 mg, **Total carbohydrates** 8 g, **Protein** 6 g, **Claims**—low fat



1 Simmering the matzo balls.



2 The finished chicken soup with matzo balls.

French Onion Soup

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Broth

Yellow onions, sliced thin	8 lb.	3.8 kg
Clarified butter	8 fl. oz.	240 ml
Beef stock	3 qt.	2.8 lt
Chicken stock	2 qt.	1.9 lt
Fresh thyme	½ oz.	15 g
Salt and pepper	TT	TT
Sherry	8 fl. oz.	240 ml
Toasted French bread slices	as needed for garnish	
Gruyère cheese, grated	as needed for garnish	

- 1 Sauté the onions in the butter over low heat in a large, heavy saucepan stirring often. Carefully cook the onions until they caramelize thoroughly and soften without burning, approximately 1 hour.
- 2 Deglaze the pan with 8 fluid ounces (240 milliliters) beef stock. Stir, scraping the pan to release the browned onions. Cook au sec, approximately 5 minutes. Add more stock and repeat this process 4 to 6 times until the onions are a very dark, even brown.
- 3 Add the remaining beef stock, the chicken stock and thyme.
- 4 Bring to a simmer and cook 20 minutes to develop flavor. Adjust the seasonings and add the sherry.
- 5 Serve in warm bowls. Top each portion with a slice of toasted French bread and a thick layer of cheese. Place under the broiler or salamander until the cheese is melted and lightly browned.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 280, **Total fat** 12 g, **Saturated fat** 6 g, **Cholesterol** 25 mg, **Sodium** 1370 mg, **Total carbohydrates** 34 g, **Protein** 9 g, **Vitamin A** 25%, **Vitamin C** 20%



1 Caramelizing the onions thoroughly.



2 Sprinkling grated cheese on top of each serving of soup.



3 The finished French onion soup.

Miso Soup



Miso soup is iconic in Japanese cuisine, where it is an essential part of the traditional breakfast. A simple broth of miso paste dissolved in dashi, miso soup is typically garnished with blanched mushrooms, seaweed and cubes of soft tofu. Do not boil the broth after adding the miso paste, as this can destroy its flavor and aroma. Stir miso paste gradually into any hot liquid, then heat only to a simmer.

YIELD 1 gal. (3.8 lt), 16 Servings,
8 fl. oz. (240 ml) each

METHOD Broth

Dried wakame	½ oz.	15 g
Nameko or shiitake mushrooms, sliced	2 pt.	960 ml
Dashi (page 214)	7 pt.	3.1 lt
Miso paste	1 pt.	480 ml
Silken tofu, firm, small dice	1 lb.	480 g
Green onions, sliced thinly on the bias	1 oz.	30 g

- 1 Cut away any stems from the wakame. Cut the leaves into small pieces and soak in hot water for 30 minutes. Drain and then blanch for 10 seconds in boiling water. Refresh the wakame in cold water for a few seconds and then drain it well. Place the blanched wakame in a double layer of rinsed cheesecloth and twist the cloth to extract excess water.
- 2 Blanch the sliced mushrooms in boiling water just until tender. Drain well.
- 3 In a large saucepot, bring the dashi to a simmer. Temper the miso with some hot dashi, then whisk the thinned miso into the pot of dashi. Bring the soup back to a simmer for service.
- 4 For each serving, place a portion of the tofu, wakame and mushrooms in soup bowls. Ladle the hot dashi over the ingredients and garnish with the sliced green onions.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 130, **Total fat** 1 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 870 mg, **Total carbohydrates** 27 g, **Protein** 3 g, **Vitamin A** 70%, **Vitamin C** 15%, **Claims**—low fat; no saturated fat; no cholesterol



Pouring the hot dashi over the soup garnishes.

wakame a seaweed or kelp cultivated in East Asia because of its popularity in soups and salads; known as *miyeok* (sea mustard) in Korea, *Undaria pinnatifida* is high in minerals and vitamins; it grows in long strands, which may be sold fresh or dried, and should be cut into small pieces before rehydrating or cooking

nameko a small, round-capped, golden-brown mushroom that grows on hardwoods; similar to shiitake, it is widely cultivated in Japan, China and Russia; nameko is traditionally used in miso soup because of its nutty flavor and gelatinous texture; known in the United States as butterscotch mushrooms

dashi Japanese stock or fish broth made with seaweed (kombu) and flakes of dried fish (bonito); used in soups, sauces and as a simmering liquid

miso paste a thick paste made by salting and fermenting soybeans and inoculating the mixture with yeast; used in Japanese and vegetarian cuisines as a favoring and thickener

♥ Good Choice

Phô Bo (Hanoi Beef and Noodle Soup)

Phô is the ubiquitous Vietnamese soup; it is widely eaten for breakfast and appears at meals throughout the day and into the evening. Beef (bo) is the most typical version, especially in the north. Each vendor has his or her own methods for flavoring and enriching the broth, but all allow customers to season and garnish their own bowls to taste with an assortment of chiles, fish sauces, fresh herbs and condiments. Phô is a perfect example of the Vietnamese belief that diners should be participants in preparing their food. Such rituals reinforce respect for the food and the friends with whom it is shared.



YIELD 1 gal. (3.8 lt), 16 Servings, 8 fl. oz. (240 ml)
broth and 4 oz. (120 g) vermicelli each

METHOD Broth

Oxtails or beef bones	10 lb.	4.8 kg
Water or beef stock	6 qt.	5.8 lt
Ginger, 3-in. (7.5-cm) piece	3	3
Onions brûlés	3	3
Fish sauce	6 fl. oz.	180 ml
Sachet:		
Star anise, whole	8	8
Cloves	6	6
Cinnamon stick	2	2
Bay leaves	4	4
Whole coriander seeds	1 Tbsp.	15 ml
Salt	TT	TT
Garnishes:		
Onions, sliced thin	as needed	as needed
Mung beans	as needed	as needed
Fresh herbs: mint, cilantro, basil	as needed	as needed
Lime wedges	as needed	as needed
Fish sauce	as needed	as needed
Fresh chiles, minced	as needed	as needed
Chile sauce	as needed	as needed
Rice vermicelli, cooked	3 lb.	1.4 kg
Lean beef such as tenderloin, raw, sliced thin	1 ½ lb.	720 g

- 1 Place the oxtails in a stockpot and add enough water to cover them by approximately 4 inches (10 centimeters). Bring to a boil and then reduce to a simmer, skimming the surface as necessary.
- 2 Split the ginger lengthwise and char its surface. Add the onions brûlés, charred ginger, fish sauce and sachet to the stockpot. Toast the coriander seeds in a dry pan over medium heat until fragrant and brown, for 1 minute. Add them to the stockpot.
- 3 Simmer the broth for 4–5 hours. Remove the sachet and strain the broth through a chinois. Adjust the seasonings with salt and more fish sauce and maintain the broth at a simmer.
- 4 Put the garnishes in bowls or trays and place them on each table.
- 5 Reheat the vermicelli by dropping them into boiling water for a few seconds. Divide the reheated vermicelli noodles into six large warm bowls. Place several pieces of raw beef tenderloin on top of each portion of vermicelli. Pour boiling hot broth over the meat into each bowl.
- 6 Serve the hot broth to diners, allowing them to garnish their portions with onions, mung beans, herbs, lime wedges, fish sauce, chiles and chile sauce as desired. (The meat will cook when stirred into the hot broth.)

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 140, **Total fat** 2.5 g, **Saturated fat** 1 g, **Cholesterol** 25 mg, **Sodium** 1270 mg, **Total carbohydrates** 16 g, **Protein** 12 g

Minestrone

♥ Good Choice 🌿 Vegetarian

Minestrone is a rich Italian vegetable soup. Northern Italian versions are made with beef stock, butter, rice and ribbon-shaped pasta. Southern Italian versions, such as the one in this recipe, contain tomatoes, garlic, olive oil and tube-shaped pasta. The vegetables should be fresh and varied. Substitute or change those listed as necessary to reflect the season.

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Broth

Dry white beans	8 oz.	240 g
Olive oil	2 Tbsp.	30 ml
Onion, medium dice	6 oz.	180 g
Garlic cloves, minced	2	2
Celery, medium dice	8 oz.	240 g
Carrot, medium dice	6 oz.	180 g
Zucchini, medium dice	8 oz.	240 g
Green beans, cut in ½-inch (1.2-cm) pieces	6 oz.	180 g
Cabbage, diced	8 oz.	240 g
Vegetable Stock (page 212)	5 pt.	2.5 lt
Tomato concassée	8 oz.	240 g
Tomato paste	6 oz.	180 g
Fresh oregano, chopped	1 Tbsp.	15 ml
Fresh basil, chopped	2 Tbsp.	30 ml
Fresh parsley, chopped	1 Tbsp.	15 ml
Salt and pepper	TT	TT
Elbow macaroni, cooked	4 oz.	120 g
Cherry tomatoes	48	48
Basil Pesto Sauce (page 249)	as needed for garnish	
Parmesan, shaved	as needed for garnish	



- 1 Soak the beans in cold water overnight, then drain.
- 2 Cover the beans with water and simmer until tender, about 40 minutes. Reserve the beans.
- 3 Sauté the onions in the oil. Add the garlic, celery and carrots and cook for 3 minutes.
- 4 Add the zucchini, green beans and cabbage, one type at a time, cooking each briefly.
- 5 Add the stock, tomato concassée and tomato paste. Cover and simmer for 2½–3 hours.
- 6 Stir in the chopped herbs and season to taste with salt and pepper.
- 7 Add the drained beans, cooked macaroni and cherry tomatoes.
- 8 Bring the soup to a simmer and simmer for 15 minutes. Serve in warm bowls, garnished with Basil Pesto Sauce and Parmesan.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 100, **Total fat** 1.5 g, **Saturated fat** 0 g, **Cholesterol** 1 mg, **Sodium** 290 mg, **Total carbohydrates** 17 g, **Protein** 4 g, **Vitamin A** 40%, **Vitamin C** 20%, **Claims**—low fat, cholesterol-free, excellent source of vitamins A and C, good source of dietary fiber and iron

Posole



posole also known as hominy or samp; dried corn that has been soaked in hydrated lime or lye; posole (Sp. *pozole*) also refers to a stewlike soup made with pork and hominy served in Mexico and Central America; its name derives from the ancient Aztec *pozolli*, a corn beverage of the Aztecs and Mayans

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Broth

Pork shoulder, trimmed, medium dice	2 lb.	960 g
Chicken stock	2 qt.	1.9 lt
Onions, medium dice	1 ½ lb.	720 g
Garlic, chopped	2 Tbsp.	30 ml
Fresh oregano, chopped	2 tsp.	10 ml
Salt	2 tsp.	10 ml
Black pepper	½ tsp.	2 ml
Cayenne pepper	½ tsp.	2 ml
Olive oil	as needed	as needed
Chicken meat, boneless, skinless, medium dice	2 lb.	960 g
Hominy, canned, drained	2 lb.	960 g
Fresh cilantro, chopped	1 oz.	30 g
Garnishes:		
Lime wedges	as needed	as needed
Corn tortillas cut into thin strips	as needed	as needed
Romaine lettuce, chiffonade	as needed	as needed
Onions, small dice	as needed	as needed

- 1 Place the diced pork and the stock in a heavy saucepot. Add more stock if necessary to just cover the meat. Bring to a simmer and cook for 2 minutes skimming the scum from the surface as necessary.
- 2 Add half of the onions, half of the garlic and the oregano, salt, black pepper and cayenne pepper. Simmer for 1 hour.
- 3 Sweat the remaining onions in a sauté pan in a little oil until soft. Add the remaining garlic and cook an additional 2 minutes. Add the raw chicken. Stir to break the meat apart and cook for a few minutes until it loses its raw look. Add the hominy and stir to break any clumps apart. Cook for 5 minutes. Add the chicken and hominy mixture to the pork mixture in the saucepot.
- 4 Bring the soup to a simmer. Adjust the consistency with more stock if necessary and continue to simmer for 10 minutes to allow the chicken to cook and the flavors to blend. Add the cilantro and adjust the seasonings.
- 5 For service, cut the tortillas in half, then cut them crosswise into thin strips and fry them in hot oil until crisp. Serve the soup in hot bowls accompanied by lime wedges, the fried corn tortilla strips, chiffonade lettuce and diced onions.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 210, **Total fat** 8 g, **Saturated fat** 2.5 g, **Cholesterol** 65 mg, **Sodium** 460 mg, **Total carbohydrates** 11 g, **Protein** 22 g

Cream of Tomato Soup

Kendall College School of Culinary Arts, Chicago, IL
Chef Mike Artlip, CEC, CCE, CHE

YIELD 1 gal. (3.8 lt) 21 Servings,
 6 fl. oz. (180 ml) each

METHOD Cream

Mirepoix, chopped fine	1 lb. 4 oz.	600 g
Olive oil	1 fl. oz.	30 ml
Whole butter	1 oz.	30 g
Tomato juice, canned	1 pt.	480 ml
Water	3 pt.	1.4 lt
Tomatoes, crushed, #10 can	1	1
Salt	2 Tbsp.	30 ml
Black pepper	1 tsp.	5 ml
Sachet:		
Parsley stems	¼ oz.	8 g
Black peppercorns, crushed	5	5
Bay leaves	2	2
Fresh thyme	5 sprigs	5 sprigs
Worcestershire sauce	1 Tbsp.	15 ml
Fresh thyme, chopped	as needed	as needed
Heavy cream, scalded	12 fl. oz.	360 ml
Heavy cream	as needed for garnish	
Red and green bell peppers, diced	as needed for garnish	
Fresh basil	as needed for garnish	
French bread, sliced, grilled	as needed for garnish	

- 1 Sweat the mirepoix in the oil and butter in a heavy saucepan without caramelizing.
- 2 Deglaze the pan with the tomato juice. Add the water, crushed tomatoes, salt, pepper and sachet. Bring to a boil, reduce to a low simmer and cook for 30 minutes.
- 3 Stir in the Worcestershire sauce and thyme. Continue simmering for 15 minutes.
- 4 Remove the sachet and purée the soup with an immersion blender until smooth. Strain the scalded cream through a china cap and add it to the soup. Simmer for 5 minutes; adjust the seasonings.
- 5 Garnish each bowl with a swirl of heavy cream, the diced peppers and basil. Serve with slices of grilled French bread.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 140, **Total fat** 9 g, **Saturated fat** 5 g, **Cholesterol** 20 mg, **Sodium** 1010 mg, **Total carbohydrates** 14 g, **Protein** 3 g, **Vitamin A** 35%, **Vitamin C** 50%



1 Puréeing the soup with an immersion blender.



2 The finished soup.

Cheddar and Leek Soup

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Cream

Clarified butter	6 fl. oz.	180 ml
Mirepoix, chopped fine	1 lb.	480 g
Leeks, chopped fine	1 lb.	480 g
Flour	4 oz.	120 g
Chicken stock	5 pt.	2.5 lt
Sachet:		
Bay leaves	3	3
Dried thyme	1 tsp.	5 ml
Peppercorns, crushed	1 tsp.	5 ml
Dry mustard	1 Tbsp.	15 ml
Heavy cream	12 fl. oz.	360 ml
Dry white wine or flat beer	12 fl. oz.	360 ml
Cheddar cheese, grated	3 lb.	1.4 kg
Worcestershire sauce	1 Tbsp.	15 ml
Salt	TT	TT
Cayenne pepper	TT	TT
Fresh parsley, chopped		as needed for garnish
Croutons, sautéed in butter		as needed for garnish

- Sweat the mirepoix and leeks in the butter until tender.
- Stir in the flour and cook to make a blond roux.
- Stir in the stock. Bring to a boil, stirring frequently. Add the sachet. Reduce the heat and simmer for 30 minutes, stirring occasionally.
- Strain the soup through a china cap into a clean pot. Bring it to a simmer.
- Shortly before service, stir the dry mustard into the cream and add the cream, wine or beer, cheese and Worcestershire sauce to the soup. Stir until smooth.
- Adjust seasonings with salt and cayenne pepper. Thin with additional warm stock if necessary.
- Serve in warm bowls, garnished with parsley and croutons, or hold for service in a hot (not simmering) bain marie. This soup may be held for approximately 2–3 hours.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 440, **Total fat** 36 g, **Saturated fat** 21 g, **Cholesterol** 95 mg, **Sodium** 510 mg, **Total carbohydrates** 9 g, **Protein** 17 g, **Vitamin A** 45%, **Calcium** 50%

Mulligatawny Soup

Chef Ken Morlino, CEC

Mulligatawny is a complex and substantial soup that combines chicken or lamb, apples and curry spices in a rich broth. Its name comes from the Anglicized version of the word for “pepper water” in Tamil, a dialect of south India. This soup is familiar to Britons, as it was developed during the British occupation of India from a vegetable-based sauce to which meat was added. Later the dish traveled back to England and to other British colonies, including Australia and parts of Africa.

YIELD 1 gal. 21 Servings,
6 fl. oz. (180 ml) each

METHOD Cream

Unsalted butter	4 oz.	120 g
Mirepoix, chopped fine	3 lb.	1.4 kg
Flour	3 oz.	90 g
Curry powder	2 Tbsp.	60 ml
Chicken stock	2 qt.	1.9 lt
Chicken meat, cooked, diced	1 lb.	480 g
Green apple, diced	4 oz.	120 g
Mushrooms, sliced	4 oz.	120 g
Half-and-half, warm	1 pt.	480 ml
Salt and white pepper	TT	TT
Fresh chives, snipped		as needed for garnish



- 1 In a saucepot, heat the butter over medium heat; add the mirepoix and sauté for 10 minutes without coloring
- 2 Add the flour and curry powder and cook to form a blond roux.
- 3 Add the stock. Bring to a simmer and cook for 15 minutes.
- 4 Add the chicken, apple and mushrooms and cook for 15 more minutes.
- 5 Add the half-and-half and return to a simmer. Season with salt and white pepper. Serve in warmed bowls garnished with fresh chives.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 160, **Total fat** 8 g, **Saturated fat** 4.5 g, **Cholesterol** 35 mg, **Sodium** 130 mg, **Total carbohydrates** 12 g, **Protein** 9 g, **Vitamin A** 80%, **Vitamin C** 10%, **Iron** 10%

Potato Chowder with Hot Smoked Salmon

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Cream

Prosciutto ham, small dice	8 oz.	240 g
Clarified butter	4 fl. oz.	120 ml
Onion, small dice	8 oz.	240 g
Flour	3 oz.	90 g
Chicken stock	2 qt.	1.9 lt
Yukon gold potatoes (or other waxy variety), medium dice	3 lb.	1.4 kg
Dried dill	2 tsp.	10 ml
Dried thyme	2 tsp.	10 ml
Heavy cream	10 fl. oz.	300 ml
Hot Smoked Salmon (page 854), diced	6 oz.	180 g
Salt and pepper	TT	TT
Fresh dill sprigs	as needed for garnish	



- 1 Place the prosciutto and butter in a heavy saucepot and cook over medium heat to render the fat. Add the onion and sauté until translucent.
- 2 Add the flour and cook for 5 minutes to make a blond roux. Whisk in the chicken stock, bring to a simmer. Add the potatoes, return to a simmer and cook until the potatoes are nearly tender.
- 3 Add the dill, thyme, cream and salmon. Stir gently to incorporate all of the flavors.
- 4 Simmer for 5 minutes. Adjust the seasonings and serve immediately in warmed bowls garnished with fresh dill sprigs.

Variation:

Nonfat, 1% or 2% milk may be substituted for the cream in the recipe to lower the fat content.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 270, **Total fat** 14 g, **Saturated fat** 8 g, **Cholesterol** 75 mg, **Sodium** 330 mg, **Total carbohydrates** 16 g, **Protein** 19 g, **Vitamin C** 10%

Sausage, White Bean and Kale Soup

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Broth

Italian pork sausage, cut into ½-inch pieces	1 lb.	480 g
Extra virgin olive oil	2 Tbsp.	30 ml
Onion, small dice	1 lb.	480 g
Garlic, minced	2 Tbsp.	30 ml
White wine	1 pt.	480 ml
Plum tomatoes, blanched, peeled, seeded and chopped	1 lb.	480 ml
Chicken stock	2 qt.	1.9 lt
Salt	2 Tbsp.	30 ml
Pepper	1 tsp.	5 ml
Kale, ribs removed, chiffonade	4 oz.	120 g
Cooked white beans, rinsed	1 ½ lb.	720 g
Crushed red pepper		as needed for garnish
Parmesan, grated		as needed for garnish
Garlic Croutons (page 753) made from French bread		as needed for garnish

- 1 Sauté the sausage in the oil in a large saucepan, breaking it into small pieces, until cooked through. Remove from the pan, reserving the oil.
- 2 Sweat the onion and garlic in the oil. Add the wine, tomatoes and stock. Season with salt and pepper. Cover and simmer for 15 minutes.
- 3 Add the kale and white beans. Simmer until the kale wilts. Stir in the reserved sausage. Adjust the seasonings to taste.
- 4 Serve in warm bowls, garnished with crushed red pepper, Parmesan and Garlic Croutons.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 140, **Total fat** 5 g, **Saturated fat** 1.5 g, **Cholesterol** 5 mg, **Sodium** 780 mg, **Total carbohydrates** 14 g, **Protein** 8 g, **Vitamin A** 15%, **Vitamin C** 20%, **Iron** 10%



Callaloo with Crab

Newbury College, Brookline, MA

Senior Instructor Scott Doughty, Ret.

Callaloo is a soup made throughout the Caribbean. Its name comes from the type of greens used to make the soup: callaloo or dasheen, the large edible leaves of the taro plant. Spinach, kale, Swiss chard or other related varieties of greens can be used to give this soup its green color, which is intensified when part or all of the broth is puréed. Called “pepperpot” in Jamaica, this soup is heavily seasoned with pepper and chiles. Ham hocks or bacon can be added as well as okra, which thickens the soup.

YIELD 1 gal. (3.8 lt) , 21 Servings,
6 fl. oz. (180 ml) each

METHOD Purée

Callaloo or spinach	1 lb. 8 oz.	720 g
Olive oil	2 fl. oz.	60 ml
Onions, small dice	1 lb. 8 oz.	720 g
Green onions, chopped fine	12 oz.	360 g
Garlic cloves, minced	4	4
Coconut milk	24 fl. oz.	720 ml
Milk	1 qt.	1 lt
Fresh pumpkin, peeled, seeded, small dice	1 lb. 8 oz.	720 g
Salt	2 Tbsp.	30 ml
Black pepper	2 tsp	10 ml
Crab meat	2 lb.	960 g

- 1 Wash the callaloo or spinach. Remove the stems and tough ribs and chop coarsely.
- 2 Heat the oil in a rondeau and sweat the diced onions. Add the green onions and garlic and sweat for 2 more minutes. Add the callaloo or spinach, coconut milk, milk, pumpkin, salt and pepper. Bring the soup to a boil and reduce to a simmer. Cook for 30 minutes.
- 3 Purée half of the soup in a blender, food processor or food mill. Return it to the pot with the remaining soup.
- 4 Pick over the crab meat to remove any bits of shell and add the meat to the soup. Adjust the seasonings and serve.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 190, **Total fat** 11 g, **Saturated fat** 7 g, **Cholesterol** 45 mg, **Sodium** 870 mg, **Total carbohydrates** 11 g, **Protein** 12 g, **Vitamin A** 80%, **Vitamin C** 40%, **Calcium** 20%, **Iron** 15%



Roasted Corn Chowder

YIELD 1 gal. (3.8 lt), 16 Servings,
8 fl. oz. (240 ml) each

METHOD Purée

Corn, unshucked	8 ears	8 ears
Milk, warm	1 qt.	960 ml
Salt pork, small dice	8 oz.	240 g
Celery, small dice	10 oz.	300 g
Onions, small dice	12 oz.	360 g
Garlic cloves, minced	1 Tbsp.	15 ml
Flour	1 oz.	30 g
Chicken stock	1 qt.	960 ml
Potatoes, peeled, medium dice	1 lb.	480 g
Heavy cream, warm	8 fl. oz.	240 ml
Worcestershire sauce	1 Tbsp.	15 ml
Fresh thyme	1 tsp.	5 ml
Salt and white pepper	TT	TT

- 1 Roast the ears of corn, in their husks, in a 400°F (200°C) oven for 45 minutes. Cool, shuck the corn and cut off the kernels. Purée half the corn kernels in a blender, adding a small amount of milk if necessary.
- 2 Render the fat from the salt pork. Add the celery, onions and garlic and sauté lightly.
- 3 Stir in the flour and cook to make a blond roux.
- 4 Add the stock and remaining milk and bring to a simmer.
- 5 Add the potatoes, the puréed corn and the remaining corn kernels. Bring to a simmer and cook for 10 minutes.
- 6 Add the cream, Worcestershire sauce and thyme. Adjust the consistency with hot stock if necessary. Adjust the seasonings with salt and white pepper and simmer for 5 minutes.
- 7 Serve in warm bowls.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 220, **Total fat** 15 g, **Saturated fat** 7 g, **Cholesterol** 25 mg, **Sodium** 350 mg, **Total carbohydrates** 17 g, **Protein** 5 g, **Vitamin C** 10%



Borsch (Chilled Beet Soup)

 Good Choice

YIELD 1 gal. (3.8 lt), 21 Servings,
6 fl. oz. (180 ml) each

METHOD Cooked Cold

Sour cream or crème fraîche	12 fl. oz.	360 ml
Onions, chopped fine	10 oz.	300 g
Carrots, chopped fine	6 oz.	180 g
Celery, chopped fine	6 oz.	180 g
Extra virgin olive oil	2 fl. oz.	60 ml
Red cabbage, sliced	1 lb.	480 g
Chicken or vegetable stock	3 qt.	2.8 lt
Sachet:		
Thyme sprig	8	8
Cinnamon stick	2	2
Cloves, whole	4	4
Black peppercorns	10	10
Red beets, large, roasted, grated	2 lb.	960 g
Red wine vinegar	6 fl. oz.	180 ml
Salt and pepper	TT	TT
Baby golden and red beets, cooked, halved	as needed for garnish	
Fresh chives or fennel fronds, chopped	4 Tbsp.	60 ml

- 1 Spread the sour cream out into a thin layer in a quarter hotel pan. Cover and freeze.
- 2 Sweat the onions, carrots and celery in the oil in a medium saucepan until tender. Add the cabbage, stock and sachet. Bring to a boil, then cover and simmer the mixture until the vegetables are tender, approximately 30 minutes.
- 3 Add the beets and vinegar. Bring to a boil, reduce heat and simmer 15 minutes.
- 4 Remove the sachet. Purée the soup using a blender or food processor.
- 5 When cooled to room temperature, season to taste with salt and pepper. If the soup is too thick, dilute it with additional chicken stock. Chill thoroughly.
- 6 Garnish with sliced gold and red beets and chives or fennel fronds. Scrape the frozen sour cream with the tines of a fork. Spoon this on top of each serving.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 90, **Total fat** 5 g, **Saturated fat** 2 g, **Cholesterol** 10 mg, **Sodium** 135 mg, **Total carbohydrates** 9 g, **Protein** 2 g, **Vitamin A** 35%, **Vitamin C** 25%, **Claims**—low calorie, low fat



 Good Choice  Vegetarian

Chilled Cucumber and Yogurt Soup

YIELD 2 qt. (1.9 lt), 10 Servings,
6 fl. oz. (180 ml) each

METHOD Uncooked Cold

Cucumbers, peeled, seeded	1½ lb.	720 g
Plain yogurt	1 pt.	480 ml
Buttermilk	1 pt.	480 ml
Lemon juice	1 fl. oz.	30 ml
Garlic, minced	1 tsp.	5 ml
Salt and white pepper	TT	TT
Cucumbers, grated	12 oz.	360 g
Radishes, fine julienne	as needed for garnish	

- 1 Grate the seeded cucumbers over the large holes of a box grater into a bowl.
- 2 Combine the yogurt, buttermilk, lemon juice and garlic. Add the cucumbers. Adjust the seasonings. Purée the soup in a blender. If the soup is too thick, dilute it with some additional buttermilk. Stir in the additional grated cucumbers.
- 3 Chill thoroughly. Serve in chilled bowls garnished with radish julienne.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 70, **Total fat** 1.5 g, **Saturated fat** 1 g, **Cholesterol** 5 mg, **Sodium** 105 mg, **Total carbohydrates** 8 g, **Protein** 5 g, **Calcium** 20%, **Claims**—low fat, low cholesterol, good source of calcium

