10

SOUPS

The popularity of soups today may be due to increased nutrition consciousness, to a desire for simpler or lighter meals, or to an increased appreciation of how appetizing and satisfying soups can be. Whatever the reasons, they emphasize the importance of soup-making skills.

If you have already studied the preparation of stocks and sauces in Chapters 8 and 9, you now have at your disposal the major techniques for the preparation of soups. You know how to make stocks and how to use thickening agents such as roux and liaison.

A few more techniques are necessary for you to master before you are able to prepare all the types of soups that are popular today. As in sauce making, basic techniques are the building blocks you can use to create a wide variety of appetizing soups.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Describe the structure and service of the major categories of soup.
2. Describe how to make broths, consommés, and other clear soups.
3. Describe how to make thickened soups, including cream soups, purée soups, bisques, and chowders.

UNDERSTANDING SOUPS

Soup, according to the dictionary, is a liquid food derived from meat, poultry, fish, or vegetables. This definition is all right as far as it goes, but there's a lot it doesn't tell us. Is a stock, straight from the stockpot, a soup? Is beef stew liquid enough to be called a soup?

We're interested more in production techniques than in definitions. However, a few more definitions are necessary before we can go into the kitchen, so we can talk to each other in the same language. Definitions aren't rules, so don't be alarmed if you hear other books or chefs use these terms differently. What matters is that you learn the techniques and are able to adapt them to many uses.

CLASSIFICATIONS OF SOUPS

Most soups can be divided into two basic categories: clear or unthickened soups and thick soups. In addition, this chapter discusses a number of special soups that don't fit easily into these first two categories.

Most of these soups, no matter what their final ingredients may be, are based on stock. Thus, the quality of the soup depends on the stock-making skills discussed in Chapter 8.

Clear Soups

Clear soups are all based on a clear, unthickened broth or stock. They may be served plain or garnished with a variety of vegetables and meats.

1. ***Broth*** and ***bouillon*** are two terms used in many ways. In general, they both refer to simple, clear soups without solid ingredients except, sometimes, with a small amount of garnish. We have already defined broth (Chapter 8) as a flavorful liquid obtained from the simmering of meats and/or vegetables. Broths are discussed in more detail on page 234.
2. **Vegetable soup** is a clear, seasoned stock or broth with the addition of one or more vegetables and, sometimes, meat or poultry products and starches.
3. **Consommé** is a rich, flavorful stock or broth that has been clarified to make it perfectly clear and transparent. The process of clarification is a technique we study in detail.

   Far from being just a plain old cup of broth, a well-made consommé is one of the greatest of all soups. Its sparkling clarity is a delight to the eye, and its rich, full flavor, strength, and body make it a perfect starter for an elegant dinner.

Thick Soups

Unlike clear soups, thick soups are opaque rather than transparent. They are thickened either by adding a thickening agent, such as a roux, or by puréeing one or more of their ingredients to provide a heavier consistency.

1. **Cream soups** are soups thickened with roux, beurre manié, liaison, or other added thickening agents, plus milk and/or cream. They are similar to velouté and béchamel sauces—in fact, they may be made by diluting and flavoring either of these two leading sauces.

   Cream soups are usually named after their major ingredient, as in cream of chicken or cream of asparagus.
2. **Purée soups** are soups naturally thickened by puréeing one or more of their ingredients. They are not as smooth and creamy as cream soups.

   Purées are normally based on starchy ingredients. They may be made from dried legumes (such as split pea soup) or from fresh vegetables with a starchy ingredient, such as potatoes or rice, added. Purées may or may not contain milk or cream.
3. **Bisques** are thickened soups made from shellfish. They are usually prepared like cream soups and are almost always finished with cream.

   The term ***bisque*** is sometimes used on menus for a variety of vegetable soups. In these cases, it is really a marketing term rather than a technical term, so it is impossible to give a definition that covers all uses.
4. **Chowders** are hearty soups made from fish, shellfish, and/or vegetables. Although they are made in many ways, they usually contain milk and potatoes.

Specialty and National Soups

This is a catch-all category for soups that don't fit well into the main categories and soups that are native to particular countries or regions.

Specialty soups are distinguished by unusual ingredients or methods, such as turtle soup, gumbo, peanut soup, and cold fruit soup.

Cold soups are sometimes considered specialty soups, and, in fact, some are. But many other popular cold soups, such as jellied consommé, cold cream of cucumber soup, and vichyssoise (vee shee swahz) are simply cold versions of basic clear and thick soups.

Vegetarian Soups and Low-Fat Soups

A great variety of vegetable-based soups are suitable for vegetarian menus. To plan vegetarian menus, review the categories of vegetarianism discussed on page 818. Vegetable soups for vegans must contain no meat or any other animal product and must be made with water or vegetable stock. To bind thick soups, use a starch slurry or a roux made with oil rather than butter. Lacto-vegetarians, on the other hand, accept soups containing butter, milk, or cream.

Because the appeal of vegetarian vegetable soups depends entirely on the freshness and the quality of the vegetables and not on the richness of meat stocks, be especially careful to use high-quality ingredients and to avoid overcooking.

Clear soups are especially suitable for people seeking low-fat foods. Consommés and clear vegetable soups are virtually fat-free, especially if the vegetables were not sweated in fat before being simmered.

Thick soups can be kept low in fat by thickening them with a slurry of starch (such as arrowroot, potato starch, or cornstarch) and cold water rather than with a roux. For cream soups, reduce or omit the cream and instead use evaporated skim milk. Purée soups are usually more adaptable than cream soups to low-fat diets because the vegetable purée adds body and richness to the soup without requiring added fat. A little yogurt or evaporated skim milk can be used to give creaminess to a purée soup. Even garnishing a serving of soup with a teaspoonful of whipped cream gives a feeling of richness while adding only a gram or two of fat.

SERVICE OF SOUPS

Standard Portion Sizes

Appetizer portion: 6–8 oz (200–250 mL)

Main course portion: 10–12 oz (300–350 mL)

Temperature

Serve hot soups hot, in hot cups or bowls.

Serve cold soups cold, in chilled bowls or even nested in a larger bowl of crushed ice.

Holding for Service

Strangely enough, some chefs who take the greatest care not to overcook meats or vegetables nevertheless keep a large kettle of soup on the steam table all day. You can imagine what a vegetable soup is like after four or five hours at that temperature:

1. Small-batch cooking applies to soups as well as to other foods. Heat small batches frequently to replenish the steam table with fresh soup.
2. Consommés and some other clear soups can be kept hot for longer periods if the vegetable garnish is heated separately and added at service time.

Garnish

Soup garnishes may be divided into three groups:

1. **Garnishes in the soup.**
   Major ingredients, such as the vegetables in clear vegetable soup, are often considered garnishes. This group of garnishes also includes meats, poultry, seafood, pasta products, and grains such as barley or rice. They are treated as part of the preparation or recipe itself, not as something added on.

Consommés are generally named after their garnish, such as consommé brunoise, which contains vegetables cut into brunoise shape (⅛-inch, or 3-mm, dice).

Vegetable cream soups are usually garnished with carefully cut pieces of the vegetable from which they are made.

An elegant way to serve soup with a solid garnish is to arrange the garnish attractively in the bottom of a heated soup plate. This plate is set before the diner, and then the soup is ladled from a tureen by the dining room staff.

2. **Toppings.**
Clear soups are generally served without toppings to let the attractiveness of the clear broth and the carefully cut vegetables speak for themselves. Occasional exceptions are toppings of chopped parsley or chives.

Thick soups, especially those that are all one color, are often decorated with a topping. Toppings should be placed on the soup just before service so they won't sink or lose their fresh appearance. Their flavors must be appropriate to the soup.

Do not overdo soup toppings. The food should be attractive in itself. Topping suggestions for thick soups include the following:

Fresh herbs (such as parsley or chives), chopped
Fine julienne of vegetables
Sliced almonds, toasted
Grated cheese
Sieved egg yolk
Chopped or riced egg whites
Croutons
Crumbled bacon
Paprika
Flavored butters
Flavored oils
Fried herbs, such as parsley, sage, chervil, celery leaves, leek julienne
Sour cream, crème fraîche, or whipped cream, either plain or flavored with herbs or spices

3. **Accompaniments.**
American soups are traditionally served with crackers. In addition to the usual saltines, other suggestions for crisp accompaniments are:

Melba toast
Corn chips or tortilla chips
Breadsticks
Cheese straws
Whole grain wafers
Profiteroles (tiny unsweetened cream puff shells)

CLEAR SOUPS

BROTHS

The difference between a broth and a stock is that a broth, according to the most common definition, is made by simmering meat and vegetables, while a stock is made by simmering bones and vegetables. Because of this difference, a well-made stock is generally richer in gelatin content than a broth, because gelatin is derived from cartilage and connective tissue. A broth, on the other hand, usually has a more pronounced flavor of meat or poultry than a stock. A more neutral flavor is desired in a stock, which is used as the base for many sauces as well as soups. A broth, on the other hand, is an excellent choice as the base of a soup when a distinct meat flavor is desired.

Nevertheless, broths are not often specially made in food-service operations. The cost of the meat makes them expensive, unless the meat can be used for another purpose, or unless the restaurant has a good supply of meat trimmings that might otherwise be wasted. Instead, broth is usually a byproduct of simmering meat or poultry. The recipes for Simmered Fresh Beef Brisket (p. 442) and for Simmered Fowl (p. 577) produce not only the cooked meat or poultry but also flavorful broths that can be served as soups when properly seasoned and garnished.

Note that the broths resulting from both these recipes are white. To prepare a brown meat broth, follow the procedure in the recipe for Simmered Fresh Beef Brisket (p. 442), but brown the meat and mirepoix well before adding water. Flavorful cuts such as beef shank, chuck, and neck are good for making broths.

For those operations that determine that making broths especially for soups is cost-effective, a recipe for beef broth is provided below. In all broth-making operations, just as in stock making, never let the temperature rise above a simmer. Boiling makes the broth cloudy.

Broths can be served as is, with only seasoning and perhaps a light garnish added. For example, plain chicken broth is commonly served as a restorative for invalids. More often, however, broths are used in place of stocks in vegetable soups and other clear soups, as discussed in the section beginning on page 240.

Like stock, broth can be made with water. For especially rich, flavorful broths, use stock or remouillage in place of water in the broth recipe.

Standards of Quality for Broths

1. **Appearance.**
   Broth should be clear, with no cloudiness caused by hard boiling. Color may range from pale gold to rich brown, depending on the ingredients and on whether or not the meat and mirepoix were browned.

   The broth should be degreased, so that no more than a few droplets of fat show on the surface.
2. **Flavor and Aroma.**
   Flavor and aroma should be full and rich, not thin, with the distinct flavor of the main ingredients (meat, poultry, or fish).

   Seasoning should be well balanced, with just the right amount of salt.
3. **Texture.**
   Broth should have good body and not feel thin and watery in the mouth. Any garnish should be cooked to the right degree of tenderness.

Beef Broth ♥

YIELD: 3 QT (3 L)

U.S.	METRIC	INGREDIENTS
5 lb	2.5 kg	Beef: shank, chuck, oxtail, short ribs, or mixed trimmings, or a mixture of these
1 fl oz	30 mL	Vegetable oil
1 gal	4 L	Water, beef stock, or remouillage (p. 171)
		Mirepoix:
8 oz	250 g	Onion, chopped
4 oz	125 g	Carrots, chopped
4 oz	125 g	Celery, chopped
1 tbsp	15 mL	Vegetable oil
4 oz	125 g	Tomatoes, canned or fresh
		Sachet:
1	1	Bay leaf
¼ tsp	1 mL	Dried thyme
¼ tsp	1 mL	Peppercorns
6–8	6–8	Parsley stems
2	2	Whole cloves
to taste	to taste	Salt
as desired	as desired	Meat, vegetables, or other garnish for soup

PROCEDURE

1. In a stockpot, brown beef in the first quantity of oil.
2. Add water or stock and bring to a simmer. Skim the surface to remove any froth or scum.
3. Continue to simmer 2 hours.
4. Brown the mirepoix in the second quantity of oil.
5. Add the mirepoix and tomatoes to the stockpot.
6. With a little water, deglaze the pan used to brown the mirepoix and add liquid to the stockpot.
7. Continue to simmer an additional 30 minutes.
8. Add the sachet. Simmer an additional 30–45 minutes.
9. Strain the broth. Discard the sachet, vegetables, and any unusable meat trimmings. Reserve any good cuts of meat for garnishing the broth or another use.
10. To serve as a soup, season and garnish to taste.

Per serving: Calories, 130; Protein, 8 g; Fat, 11 g (3% cal.); Cholesterol, 26 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 55 mg.

CONSOMMÉ

When we define ***consommé*** as a clarified stock or broth, we are forgetting the most important part of the definition. The word ***consommé*** means, literally, "completed" or "concentrated." In other words, a consommé is a strong, concentrated stock or broth. In classical cuisine, this was all that was necessary for a stock to be called a consommé. In fact, two kinds were recognized: ordinary (or unclarified) consommé and clarified consommé.

Rule number one for preparing consommé is that the stock or broth must be strong, rich, and full-flavored. Clarification is second in importance to strength. A good consommé, with a mellow but full aroma and plenty of body (from the natural gelatin) you can feel in your mouth, is one of the great pleasures of fine cuisine. But clarification is an expensive and time-consuming procedure and, frankly, not worth the trouble if the soup is thin and watery.

How Clarification Works

Coagulation of proteins was an important subject in our discussion of stock making because one of our major concerns was how to keep coagulated proteins from making the stock cloudy. Strangely enough, this same process of **coagulation** enables us to clarify stocks to perfect transparency.

Remember that some proteins, especially those called ***albumins***, dissolve in cold water. When the water is heated, they gradually solidify or coagulate and rise to the surface. If we control this process carefully, these proteins collect all the tiny particles that cloud a stock and carry them to the surface. The stock is then left perfectly clear.

If we are not careful, however, these proteins break up as they coagulate and cloud the liquid even more, just as they can do when we make stock.

Basic Ingredients

The mixture of ingredients we use to clarify a stock is called the **clearmeat** or the **clarification**.

1. ***Lean ground meat*** is one of the major sources of protein that enables the clearmeat to do its job. It also contributes flavor to the consommé. The meat must be lean because fat is undesirable in a consommé. Beef shank, also called ***shin beef***, is the most desirable meat because it is high in albumin proteins as well as in flavor and gelatin, and it is very lean.

   Beef and/or chicken meat are used to clarify chicken consommé. Meat is not used, obviously, to make fish consommé. Ground lean fish may be used, but it is normal to omit flesh altogether and use only egg whites.

2. ***Egg whites*** are included in the clearmeat because, being mostly albumin, they greatly strengthen its clarifying power.

3. ***Mirepoix*** and other seasoning and flavoring ingredients are usually included because they add flavor to the finished consommé. They do not actually help in the clarification, except possibly to give solidity to the raft. The **raft** is the coagulated clearmeat, floating in a solid mass on top of the consommé.

   The mirepoix must be cut into fine pieces so it will float with the raft.

   A large amount of a particular vegetable may be added if a special flavor is desired, as in, for example, essence of celery consommé.

4. ***Acid ingredients*** (tomato products for beef or chicken consommé, lemon juice or white wine for fish consommé) are often added because the acidity helps coagulate the protein. They are not absolutely necessary—the heat will coagulate the protein anyway—but many chefs like to use them.

Standards of Quality for Consommé

1. **Appearance.**
   Broth should be crystal clear and perfectly degreased. Color should be pale amber for poultry consommé and darker amber, not dark brown, for meat consommé.

   Garnish should be perfectly and uniformly cut.

2. **Flavor and Aroma.**
   Flavor and aroma should be full, rich, well balanced, and concentrated, with the distinct flavor of the main ingredients (meat, poultry, or fish). It should be carefully seasoned, with just the right amount of salt.

3. Texture.
Broth should have good body and mouthfeel, even more so than a good broth, due to a noticeable gelatin content from the well-made stock. Garnish should be cooked to the right degree of tenderness.

PROCEDURE for Preparing Consommé

1. Start with a well-flavored, cold, strong stock or broth. If your stock is weak, reduce it until it is concentrated enough, then cool it before proceeding, or plan on simmering the consommé longer to reduce while clarifying.
2. Select a heavy stockpot or soup pot, preferably one with a spigot at the bottom. The spigot enables you to drain off the finished consommé without disturbing the raft.
3. Combine the clearmeat ingredients in the soup pot and mix them vigorously.
4. Optional step: Mix in a small amount of cold water or stock—4 to 8 oz per pound (250 to 500 mL per kg) of meat—and let stand 30–60 minutes. This allows more opportunity for the proteins that do the clarifying to dissolve out of the meat.

   ***Note*:** Chefs disagree on the importance of this step. Some let the mixture stand overnight in the refrigerator. Others skip the step. Check with your instructor.
5. Gradually add the cold, degreased stock and mix well with the clearmeat.

   The stock must be cold so it doesn't cook the proteins on contact.

   Mixing distributes the dissolved proteins throughout the stock so they can collect all the impurities more easily.
6. Set the pot over a moderately low fire and let it come to a simmer very slowly.
7. Stir the contents occasionally so the clearmeat circulates throughout the stock and doesn't burn to the bottom.
8. When the simmering point is approaching, stop stirring. The clearmeat will rise to the surface and form a raft.
9. Move the pot to lower heat so the liquid maintains a slow simmer. Do not cover. Boiling would break up the raft and cloud the consommé. The same principle operates in stockmaking.
10. Let simmer 1½ hours without disturbing the raft.
11. Strain the consommé through a china cap lined with several layers of cheesecloth.

    If you are not using a stockpot with a spigot, ladle the consommé out carefully without breaking up the raft.

    Let the liquid drain through the cheesecloth by gravity. Do not force it, or fine particles will pass through and cloud the consommé.
12. Degrease.

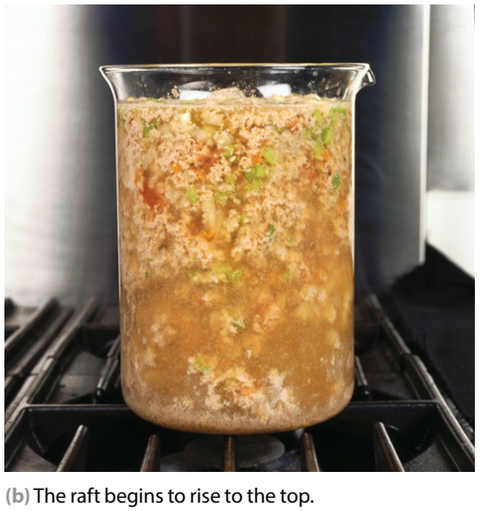
    Remove all traces of fat from the surface. Strips of clean brown paper passed across the surface are effective in absorbing every last speck of fat without absorbing much consommé.
13. Adjust the seasonings.

    Kosher salt is preferred to regular table salt because it has no impurities or additives that could cloud the stock.
14. Evaluate the finished consommé (p. 236).

FIGURE 10.1 Preparing consommé.



(a) The stock is well mixed with the clarification ingredients and set on a burner to begin heating.



(b) The raft begins to rise to the top.



(c) The raft has almost completely formed. The consommé will continue to simmer for a total of 1½ hours and the soup will become completely clear. (***Note*:** A glass beaker is used in the illustrations only so that the clarification process can be seen. Use metal pots, never glass, for consommé production.)

EMERGENCY PROCEDURES

1. Clarifying hot stock.

If you do not have time to cool the stock properly before clarifying, at least cool it as much as you can. Even 10 minutes in a cold-water bath helps. Then, mix ice cubes or crushed ice with the clearmeat. This will help keep it from coagulating when the hot stock hits it. Proceed as in the basic method.

Finally, review your production planning so you can avoid this emergency in the future.

2. Clarifying without meat.

In a pinch, you can clarify a stock with egg whites alone. Use at least 3 or 4 egg whites per gallon (4 L) stock, plus mirepoix if possible. Great care is necessary because the raft will be fragile and easily broken up.

Egg whites and mirepoix alone are often used for clarifying fish stocks.

3. Failed clarification.

If the clarification fails because you let it boil, or for some other reason, it can still be rescued, even if there is no time for another complete clarification.

Strain the consommé, cool it as much as you can, then slowly add it to a mixture of ice cubes and egg whites. Carefully return to a simmer as in the basic method and proceed with the clarification.

This should be done in emergencies only. The ice cubes dilute the consommé, and the egg white clarification is risky.

4. Poor color.

Beef or veal consommé made from brown stock should have an amber color. It is not dark brown like canned consommé. Chicken consommé is a very pale amber.

It is possible to correct a pale consommé by adding a few drops of caramel color to the finished soup, but for best results, check the color of the stock before clarification. If it is too pale, cut an onion in half and place it cut side down on a flattop range until it is black, or char it under a broiler. Add this to the clearmeat. The caramelized sugar of the onion will color the stock.

Consommé

YIELD: 1 GAL (4 L) PORTIONS: 16 PORTION SIZE: 8 FL OZ (250 ML)
20 6 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Lean beef, preferably shin, ground
		Mirepoix, chopped into small pieces:
8 oz	250 g	Onion
4 oz	125 g	Celery
4 oz	125 g	Carrot
8 oz	250 g	Egg whites
8 oz	250 g	Canned tomatoes, crushed
6–8	6–8	Parsley stems, chopped
pinch	pinch	Dried thyme
1	1	Bay leaf
2	2	Whole cloves
½ tsp	2 mL	Peppercorns, crushed
5 qt	5 L	Beef or veal stock, cold (brown or white)

Per serving: Calories, 30; Protein, 3 g; Fat; 1 g (31% cal.); Cholesterol, 15 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 75 mg.

PROCEDURE

1. Review the information on preparing consommé, page 237.
2. Combine the beef, mirepoix, egg whites, tomatoes, herbs, and spices in a tall, heavy stockpot. Mix vigorously with a wooden paddle or a heavy whip.
3. Add about 1 pint (500 mL) cold stock and stir well. Let stand about 30 minutes. (Optional step: see page 237 for explanation.)
4. Gradually stir in the remaining cold stock. Be sure the stock is well mixed with the other ingredients.
5. Set the pot on moderately low heat and let it come to a simmer very slowly. Stir occasionally.
6. When the simmering point is approaching, stop stirring.
7. Move the pot to lower heat and simmer very slowly about 1¼ hours. Do not stir or disturb the raft that forms on top.
8. Very carefully strain the consommé through a china cap lined with several layers of cheesecloth.
9. Degrease thoroughly.
10. Season to taste.

(Variations continue on next page)

VARIATIONS *(continued)*

Double Consommé

Use twice the quantity of beef in basic recipe. Add 8 oz (250 g) leeks to mirepoix.

Chicken Consommé

Use chicken stock instead of beef or veal stock. Add to the clearmeat 8 oz (250 g) chicken trimmings (such as wing tips and necks) that have been chopped and browned in a hot oven. Omit tomato and add 1 fl oz (30 mL) lemon juice.

Cold Jellied Consommé

Unflavored gelatin must often be added to consommé to make jellied consommé. Amount needed depends on the strength of the stock and amount of jelling desired. Classically, a chilled consommé is only half jelled, more like a thick syrup. Some people, however, prefer a gelatin content high enough to solidify the consommé. In the following guidelines, use the lower quantity of gelatin for a partially jelled soup, the higher quantity for a fully jelled soup. Also, for tomatoed consommé (madrilène), increase the gelatin slightly because the acidity of the tomatoes weakens the gelatin.

1. If stock is thin when cold, add 1–2 oz (30–60 g) gelatin per gallon (4 L).
2. If stock is slightly jelled and syrupy when cold, add ½–1 oz (15–30 g) gelatin per gallon (4 L).
3. If stock is jelled when cold, no gelatin is needed. Add up to ½ oz (15 g) per gallon (4 L) if firmer texture is desired.

Gelatin may be added to clearmeat (in step 2 of recipe). This is the best method because there is no danger of clouding the consommé. It may also be added to finished consommé after softening it in cold water. See page 720 for instructions on use of gelatin.

Consommé Madrilène

Increase the tomatoes in the basic recipe to 24 oz (750 g). Use beef, veal, or chicken stock. Serve hot or jellied.

Essence of Celery Consommé

Increase the celery in the basic recipe to 1 lb (500 g).

Consommé au Porto

Flavor finished consommé with 6–8 fl oz (200–250 mL) port wine per gallon (4 L).

Consommé au Sherry

Flavor finished consommé with 6–8 fl oz (200–250 mL) sherry wine per gallon (4 L).

GARNISHED CONSOMMÉS

For the following consommés, prepare and cook the garnish separately. At service time, add 1–2 tbsp (15–30 mL) garnish to each portion. See page 145 for description of cuts. All cuts should be small enough to fit the bowl of a spoon. For example, julienne may need to be cut shorter than for other applications.

Consommé Brunoise

Onion or leek, carrot, celery, and turnip (optional), cut brunoise. Sweat lightly in butter and simmer in a little consommé until tender.

Consommé Julienne

Onion or leek, carrot, and celery, cut julienne. Prepare like brunoise garnish.

Consommé Printanière

Small dice of spring vegetables: carrot, turnip, celery, green beans. Prepare like brunoise garnish.

Consommé Paysanne

Thin slices of leeks, carrots, celery, turnip, and cabbage. Prepare like brunoise garnish.

Consommé with Pearl Tapioca

Cooked pearl tapioca.

Consommé Vermicelli

Cooked broken vermicelli (very thin spaghetti).

Consommé Fettuccine ♥

YIELD: 10 OZ (300 G)

U.S.	METRIC	INGREDIENTS
10 fl oz	300 mL	Consommé
0.2 oz (2 tsp)	6 g	Agar-agar

Per serving: Calories, 5; Protein, 0 g; Fat; 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 1 g; Fiber, 1 g; Sodium, 10 mg.

PROCEDURE

1. **Place the consommé in a saucepan and mix in the agar-agar.**
2. **Bring to a boil, then remove from heat. Stir with a wire whip to be sure the agar-agar is thoroughly mixed in.**
3. **Select a half-sheet pan that is perfectly level. Have ready a refrigerator shelf that is perfectly level.**
4. **Pour the consommé into the sheet pan. Refrigerate until set. This will take only a few minutes.**
5. **Cut the jelled consommé lengthwise into uniform strips ¼ inch (6 mm) wide. Remove from pan.**
6. **To serve, mound a small portion on a plate. Garnish as desired (see Variation for suggestion).**

VARIATION

Consommé Fettuccine with Parmesan and Basil

Mound 2 oz (60 g) in the center of a small plate. Using a squeeze bottle, squeeze an arc of Basil Sauce (p. 224) around one side of the mound. On the other side, spoon a mound of Parmesan Foam (p. 225). Garnish the fettuccine with a few small, whole basil leaves.

MOLECULAR SOUP

One of the ways chefs working in molecular gastronomy (p. 123) surprise diners' expectations and thus get them to focus on the food is to transform foods into unexpected shapes and forms. The recipe for Consommé Fettuccine, transforming soup into noodles, based on an idea developed by the Spanish chef Ferran Adrià, is an example of this approach.

VEGETABLE SOUPS

Clear vegetable soups are made from a clear stock or broth, not necessarily clarified, with the addition of one or more vegetables and, sometimes, meat or poultry and/or pasta or grains. Most vegetable soups are made from meat or poultry stock or broth. Meatless or vegetarian soups are made from vegetable broth or water.

GUIDELINES for Preparing and Evaluating Vegetable Soups

Procedures for making these soups are not complicated. Most of them are made simply by simmering vegetables in stock until done. But care and attention to details are still necessary for producing a high-quality soup.

These guidelines are also useful as quality factors for evaluating soups. Each of the guidelines below is based on a desired quality in the finished soup (for example: flavorful broth, balance of vegetables, garnish neatly cut, and so on).

1. **Start with a clear, flavorful stock or broth.**
   This is one reason it's important to be able to make stocks that are clear, not cloudy. Generally, vegetable soups are a little cloudier than broths, because the vegetables are generally cooked in the soup. Nevertheless, the broth of the finished soup should be fairly clear.
2. **Select vegetables and other ingredients whose flavors go well together.**
   Don't just throw in everything you've got. Judgment, combined with experience, must be used to create a pleasing combination. Five or six vegetables are usually enough. More than that often makes a jumble.
3. **Cut vegetables uniformly.**
   Neat, careful cutting means uniform cooking and attractive appearance. Sizes of cuts are important, too. Pieces should be large enough to be identifiable but small enough to eat conveniently with a spoon.
4. **Cook vegetables slowly in a little butter before combining with liquid.**
   This process improves the flavor of the vegetables and gives the soup a mellower, richer taste.
5. **Cook starches such as grains and pasta separately and add to the soup later.**
   Cooking them in the soup makes it cloudy. Potatoes are sometimes cooked directly in the soup, but they should be rinsed of excess starch after cutting if you want to keep the soup as clear as possible.
6. **Observe differences in cooking times.**
   Add long-cooking vegetables first, short-cooking vegetables near the end. Vegetables that are already fully cooked and hot can be added to the hot soup after it is removed from the fire.
7. **Don't overcook.**
   Some cooks feel soups must be simmered a long time to extract flavors into the liquid. But you should have already done this when you made the stock. Vegetables in soup should be tender but still firm enough to hold their shapes. Vegetables should show a fresh color and not look like they were cooked too long. This is especially true of green vegetables, which turn olive brown when overcooked.

Clear Vegetable Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 oz	60 g	Butter or chicken fat	1. Heat the butter in a heavy saucepot over medium-low heat.
12 oz	375 g	Onions, small dice	2. Add the onions, carrots, celery, and turnip. Sweat vegetables in the butter over low heat until about half cooked. Do not let them brown.
8 oz	250 g	Carrots, small dice	
8 oz	250 g	Celery, small dice	
6 oz	180 g	Turnip, small dice	
3 qt	3 L	Chicken stock	3. Add the stock. Bring to a boil and skim carefully. Simmer until vegetables are just barely tender.
8 oz	250 g	Drained canned tomatoes, coarsely chopped	4. Add the tomatoes and simmer another 5 minutes.
to taste	to taste	Salt	5. Degrease the soup and season with salt and white pepper.
to taste	to taste	White pepper	
6 oz	180 g	Frozen peas, thawed	6. Just before serving, add the peas.

Per serving: Calories, 80; Protein, 3 g; Fat, 4.5 g (46% cal.); Cholesterol, 15 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 125 mg.

VARIATIONS

Other vegetables may be used in addition to or in place of one or more of the vegetables in basic recipe. Add with the vegetables sweated in butter:

Leeks — Green cabbage
Rutabagas — Parsnips

Add to simmering soup, timing the addition so all vegetables are done at the same time:

Potatoes — Lima beans
Green beans — Corn

Other cuts may be used for the vegetables instead of small dice, such as bâtonnet, julienne, or paysanne (p. 145).

Vegetable Rice Soup

Add ¾–1 cup (180–250 mL) cooked rice to finished soup.

Chicken Vegetable Rice Soup

Add 6 oz (180 g) cooked, diced chicken to vegetable rice soup.

Vegetable Beef Soup

Use beef stock instead of chicken stock. Add 6 oz (180 g) cooked, diced beef when the tomatoes are added. Also, add the juice from the tomatoes.

Vegetable Beef Barley Soup

Add ¾–1 cup (180–250 mL) cooked barley to vegetable beef soup.



Clear Vegetable Soup variation

Piquant Vegetable Soup with Chickpeas

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
1 fl oz	30 mL	Vegetable oil
10 oz	300 g	Red onion, small dice
1½ tsp	7 mL	Garlic, chopped
8 oz	250 g	Green bell pepper, small dice
1–2 oz	30–60 g	Jalapeño or other green chile, cut brunoise
2½ qt	2.5 L	Chicken stock or vegetable stock
10 oz	300 g	Tomatoes, peeled, seeded, and chopped
10 oz	300 g	Cooked chickpeas
4 oz	125 g	Corn kernels, frozen or fresh
4 oz	125 g	Green beans, cooked until just tender and cut into ½-in. (1-cm) pieces
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Hot red pepper sauce (optional)
		Garnish:
6 oz	180 g	Grated cheddar cheese
3 tbsp	45 mL	Chopped cilantro or whole cilantro leaves

PROCEDURE

1. Heat the oil in a soup pot over moderate heat.
2. Add onion, garlic, bell pepper, and green chile. Sweat the vegetables in the oil over low heat until they are about half-cooked. Do not let them brown.
3. Add the stock. Bring to a boil and skim carefully. Simmer until the vegetables are just barely tender.
4. Add the tomatoes, chickpeas, and corn. Simmer another 5 minutes.
5. Shortly before serving, add the cooked green beans. (Beans should be cooked separately and added at the end so their color won't be destroyed by the acidity of the tomatoes.)
6. Add salt and white pepper to taste. Add hot pepper sauce, if desired.
7. To serve, ladle a portion into soup plates and sprinkle with grated cheese and a little cilantro.

Per serving: Calories, 160; Protein, 8 g; Fat, 8 g (45% cal.); Cholesterol, 20 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 105 mg.

VARIATION

Piquant Vegetable Soup with Roasted Garlic

Roast ½ head of garlic, as explained on page 340. Separate and peel the cloves. Add to soup in step 4.



Piquant Vegetable Soup

Mushroom Barley Soup ♥

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
4 oz	125 g	Barley
5 oz	150 g	Onion, cut brunoise
2½ oz	75 g	Carrot, cut brunoise
2½ oz	75 g	White turnip, cut brunoise
1 oz	30 g	Butter or chicken fat
2½ qt	2.55 L	Chicken stock
1 lb	500 g	Mushrooms, diced
2 oz	60 g	Butter or chicken fat
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Cook the barley in boiling water until tender. Drain.
2. In a heavy saucepot or stockpot, sweat vegetables in the fat until about half-cooked. Do not let them brown.
3. Add the chicken stock. Bring to a boil. Reduce heat and simmer until vegetables are just tender.
4. While the soup is simmering, sauté the mushrooms briefly in fat without letting them brown.
5. Add mushrooms and drained, cooked barley to the soup. Simmer another 5 minutes.
6. Degrease the soup. Season to taste with salt and pepper.

Per serving: Calories, 60; Protein, 3 g; Fat, 1 g (15% cal.); Cholesterol, 20 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 75 mg.



KEY POINTS TO REVIEW

- What are the two basic categories of soup? What are some examples of each?
- What are normal portion sizes for soups?
- After soups are cooked, how are they best held for service?
- What is the procedure for making consommé?
- How are clear vegetable soups made?

OTHER CLEAR SOUPS

In addition to vegetable soups, many other clear or unthickened soups are known to various cuisines. They range from simple broths to elaborate concoctions of meats, vegetables, starches, and other ingredients. Although many contain vegetables, we don't classify them as vegetable soups because other ingredients are generally more prominent.

Chicken Noodle Soup ♥

YIELD: 3 QT (3 L) PORTIONS: 12 PORTIONS SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
5 oz	150 g	Egg noodles
5 oz	150 g	Cooked chicken meat (see *Note*)
3 qt	3 L	Chicken stock
to taste	to taste	Salt
to taste	to taste	White pepper
as desired	as desired	Chopped parsley

PROCEDURE

1. Cook noodles in boiling, salted water. (See Procedure for Cooking Pasta, p. 404.) Drain and rinse in cold water.
2. Cut the chicken into small dice.
3. Bring the stock to a simmer. Season to taste with salt and white pepper. If stock doesn't have enough flavor, add more stock and reduce to concentrate the flavor.
4. Just before service, add the chicken and noodles to the stock. Let them heat through before serving.
5. Garnish each portion with a little chopped parsley.

Per serving: Calories, 70; Protein, 6 g; Fat, 1.5 g (21% cal.); Cholesterol, 25 mg; Carbohydrates, 7 g; Fiber, 0 g; Sodium, 20 mg.

Note: See Chapter 19 (p. 576) for preparing "boiled" chicken and broth for use in soups. Other leftover cooked chicken may also be used.

VARIATIONS

Beef Noodle Soup

Prepare as in basic recipe, using beef and beef stock.

Chicken or Beef Noodle Soup with Vegetables

Before adding the chicken and noodles, simmer 5 oz (150 g) diced carrots and 2½ oz (75 g) diced celery in the stock until tender.

Oxtail Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
3 lb	1.35 kg	Oxtails
		Mirepoix:
5 oz	150 g	Onion, medium dice
2½ oz	75 g	Carrot, medium dice
2½ oz	75 g	Celery, medium dice
3 qt	3 L	Brown stock (see *Note*)
		Sachet:
1	1	Bay leaf
pinch	pinch	Dried thyme
6	6	Peppercorns
2	2	Whole cloves
1	1	Garlic clove
10 oz	300 g	Carrots, small dice
10 oz	300 g	White turnips, small dice
5 oz	150 g	Leeks, white part only, cut julienne
2 oz	60 g	Butter
5 oz	150 g	Tomatoes (canned), drained, coarsely chopped
1 fl oz	30 mL	Sherry (optional)
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Using a heavy chef's knife, cut the oxtails into sections at the joints.
2. Place oxtails in a bake pan and brown in a 450°F (230°C) oven. When partially browned, add the mirepoix to the pan and brown it along with the oxtails.
3. Place the oxtails and mirepoix in a stockpot with the stock.
4. Pour off the fat from the pan in which the meat was browned. Deglaze the pan with a little of the stock and add this to the stockpot.
5. Bring to a boil. Reduce heat to a simmer and skim well. Add the sachet.
6. Simmer until the meat is tender, about 3 hours. Add a little water if necessary during cooking to keep the meat completely covered.
7. Remove the oxtail pieces from the broth. Trim the meat from the bones and dice it. Place in a small pan with a little broth. Keep warm if the soup is to be finished immediately, or chill for later use.
8. Strain the broth. Degrease carefully.
9. Sweat the carrots, turnips, and leeks in the butter until about half cooked.
10. Add the broth. Simmer until vegetables are tender.
11. Add the tomatoes and reserved oxtail meat. Simmer another minute.
12. Add the sherry, if desired. Season to taste with salt and pepper.

Per serving: Calories, 240; Protein, 24 g; Fat, 11 g (45% cal.); Cholesterol, 90 mg; Carbohydrates, 6 g; Fiber, 2 g; Sodium, 220 mg.

Note: Water is sometime used instead of stock. If this is done, brown 4–5 lb (about 2 kg) beef or veal bones with the oxtails and simmer both bones and oxtails in the soup. Double the quantity of mirepoix.

VARIATION

Oxtail soup is often clarified. Chill broth after step 7 and clarify like consommé. See page 237 for procedure.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Brunswick Soup

Chicken Tomato Bouillon with Pesto

THICKENED SOUPS

CREAM SOUPS

Learning to cook professionally, as you have already heard, is not learning recipes but learning basic techniques you can apply to specific needs.

The basic techniques of sauce making were discussed in Chapter 9. If we tell you that cream soups are simply diluted velouté or béchamel sauces, flavored with the ingredient for which they are named, you should almost be able to make a cream of celery soup without further instructions.

It's not ***quite*** that simple. There are some complications, but they are mostly a matter of detail. You already know the basic techniques.

The Classic Cream Soups

In the great kitchens of several decades ago, cream soups were exactly as we have just described: diluted, flavored sauces. In fact, what we now call ***cream soups*** were divided into two groups, veloutés (made from velouté sauce and finished with a liaison) and creams (made from béchamel sauce and finished with cream).

These methods were natural to large kitchens that always had quantities of velouté and béchamel sauces on hand. Making a soup was simply a matter of finishing off a sauce.

Modern cooks view these methods as complicated and have devised other methods that seem simpler. But most of the sauce steps are involved—you still have to thicken a liquid with roux (or other starch), cook and purée the ingredients, and add the milk or cream.

The classical method is still important to learn. It will give you versatility, it makes excellent soup, and besides, it really isn't any harder or longer, in the final analysis. In addition, we explain two other methods much in use today.

But first, we consider a problem frequently encountered with cream soups.

Curdling

Because cream soups contain milk or cream or both, curdling is a common problem. The heat of cooking and the acidity of many of the other soup ingredients are the causes of this curdling.

Fortunately, we can rely on one fact to avoid curdling: ***Roux and other starch thickeners stabilize milk and cream***. Caution is still necessary because soups are relatively thin and do not contain enough starch to be completely curdle-proof.

Observe the following guidelines to help prevent curdling:

1. Do not combine milk and simmering soup stock without the presence of roux or other starch. Do one of the following:
   - Thicken the stock before adding milk.
   - Thicken the milk before adding it to the soup.
2. Do not add cold milk or cream to simmering soup. Do one of the following:
   - Heat the milk in a separate saucepan.
   - Temper the milk by gradually adding some of the hot soup to it. Then add it to the rest of the soup.
3. Do not boil soups after milk or cream is added.

Standards of Quality for Cream Soups

1. **Appearance.**

   Shiny surface. Good color from main ingredient. Not too pale (from not using enough vegetable or other flavoring ingredient). Not discolored from overcooking. Garnish should be attractive and properly cut.

2. **Taste.**

   Distinct flavor of the main ingredient (asparagus in cream of asparagus, etc.). No starchy taste from uncooked roux. Pleasant creaminess, but not too much cream, which can overpower the other flavors and make the soup too rich.

3. **Texture.**

   Velvety texture. About the consistency of heavy cream. Not too thick. Smooth; no graininess or lumps (except garnish, of course).

FIGURE 10.2 Using a food mill.



(a) Purée soft foods by turning the crank of the mill to force them through small holes.



(b) Scrape the solids from the bottom of the mill after all the food is forced through the plate.



FIGURE 10.3 Using an immersion blender to purée a soup.

BASIC PROCEDURES for Making Cream Soups

The following methods apply to most cream soups. Individual ingredients may require variations.

METHOD 1

1. Prepare Velouté Sauce (p. 188) or Béchamel Sauce (p. 187), using roux. The sauce should have a light nappé texture and not be too thick.
2. Prepare the main flavoring ingredients. Cut vegetables into thin slices. Sweat them in butter about 5 minutes to develop flavor. Do not brown. Green leafy vegetables must be blanched before stewing in butter. Cut poultry and seafood into small pieces for simmering.
3. Add flavoring ingredients from step 2 to the velouté or béchamel and simmer until tender. Exception: Finished tomato purée is added for cream of tomato; further cooking is not necessary.

   Caution: Cook the vegetables until tender, but do not overcook. Green vegetables, in particular, lose their green color if overcooked, and overcooking damages the flavor of any vegetable.
4. Skim any fat or scum carefully from the surface of the soup.
5. Purée the soup using a food mill (Fig. 10.2) or an immersion blender (Fig. 10.3). For the finest texture, then pass the puréed soup through a fine china cap or cheesecloth, pressing down on the solid ingredients to force out the liquid and some of the pulp.

   Poultry and seafood ingredients may be puréed or reserved for garnish.
6. Add hot white stock or milk to thin the soup to proper consistency.
7. Adjust seasonings.
8. At service time, finish with liaison (p. 181) or heavy cream.
9. Evaluate the finished soup (p. 245).

METHOD 2

1. Sweat vegetable ingredients (except tomatoes) in butter (Fig. 10.4a); do not let them color.
2. Add flour. Stir well to make a roux. Cook the roux a few minutes, but do not let it start to brown (b).
3. Add white stock, beating with a whip as you slowly pour it in (c).
4. Add any vegetables, other solid ingredients, or flavorings that were not sautéed in step 1.
5. Simmer until all ingredients are tender, but do not overcook.
6. Skim any fat that rises to the surface.
7. Purée and/or strain (as in Method 1).
8. Add hot white stock or milk to thin soup to proper consistency.
9. Adjust seasonings.
10. At service time, finish with heavy cream (d) or liaison.
11. Evaluate the finished soup (p. 245).

METHOD 3

1. Bring white stock to a boil.
2. Add vegetables and other flavoring ingredients. If desired, first slowly cook some or all of the vegetables in butter a few minutes to develop flavors.
3. Simmer until all ingredients are tender.
4. Thicken with roux, beurre manié, or other starch.
5. Simmer until no starch taste remains.
6. Skim fat from surface.
7. Purée and/or strain (as in Method 1).
8. Add hot or tempered milk and/or cream. A light cream sauce may be used, if desired, to avoid thinning the soup or curdling the milk.
9. Adjust seasonings.
10. Evaluate the finished soup (p. 245).

FIGURE 10.4 Cream Soup Method 2.



(a) Sweat vegetables in butter.



(b) Stir in flour and cook to make roux.



(c) Whip in hot stock.



(d) Finish with hot cream.

Cream of Cauliflower Soup (Cream Soup Method 1)

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
8 oz	250 g	White mirepoix, small dice (p. 161)
1 lb 12 oz	850 g	Cauliflower, chopped into small pieces
1½ oz	45 g	Butter
2¼ pt	2.25 L	Velouté sauce, made with chicken or veal stock (see *Note*)
as needed	as needed	Milk or white stock, hot
to taste	to taste	Salt
to taste	to taste	White pepper
8 fl oz	250 mL	Heavy cream, hot
		Optional garnish:
3 oz	90 g	Small cauliflower florets, cooked

PROCEDURE

1. Review cream soup guidelines and Method 1 (p. 246).
2. Sweat the vegetables in the butter in a heavy saucepot until slightly tender. Do not let them brown.
3. Add the velouté to the pot. Simmer until vegetables are tender.
4. Skim any fat or scum from the soup.
5. Pass the soup through a food mill to purée it. Alternatively, purée with an immersion blender.
6. For a finer texture, pass the puréed soup through a fine china cap or cheesecloth.
7. Add enough hot milk or stock to bring the soup to the proper consistency.
8. Heat the soup again, but do not let it boil.
9. Season to taste.
10. At service time, add the cream. Add garnish if desired.

Per serving: Calories, 170; Protein, 4 g; Fat, 14 g (74% cal.); Cholesterol, 40 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 65 mg .

Note: Béchamel may be used in place of velouté if desired. This is often done for vegetarian menus. In either case, the sauce should be thickened to a light nappé texture, not heavily thickened.

VARIATIONS, METHOD 1

For the following cream soups, make substitutions in the basic recipe as indicated. Frozen and canned vegetables may be used, where appropriate, in place of fresh. Also, trimmings may be used if clean and of good quality, such as bottom ends of asparagus and broccoli stalks.

Cream of Asparagus

Use 1 lb 12 oz (850 g) asparagus stalks in place of cauliflower. Optional garnish: cooked asparagus tips.

Cream of Broccoli

Use 1 lb 12 oz (850 g) broccoli in place of cauliflower. Optional garnish: small cooked broccoli florets.

Cream of Carrot

Use 1 lb 12 oz (850 g) carrots in place of cauiflower. Garnish: chopped parsley.

Cream of Celery

Use 1 lb 12 oz (850 g) celery in place of cauliflower. Optional garnish: julienne of celery.

Cream of Corn

Use 1 lb 12 oz (850 g) whole-kernel corn (fresh, frozen, or canned) in place of cauliflower. Do not sweat the corn with the mirepoix. Instead, sweat the mirepoix alone, add velouté, then add corn. Garnish: corn kernels.

Cream of Cucumber

Use 1 lb 12 oz (850 g) peeled, seeded cucumber in place of cauliflower. Optional garnish: small, diced, cooked cucumber.

Cream of Mushroom

Use 1 lb 8 oz (750 g) mushrooms in place of cauliflower. Optional garnish: julienne, brunoise, or sliced cooked mushrooms.

Cream of Pea

Use 1 lb 12 oz (850 g) frozen green peas in place of cauliflower. Do not sweat the peas with the mirepoix. Add them after velouté is added.

Cream of Spinach

Use 1½ lb (750 g)) fresh spinach or 1 lb (450 g) frozen spinach in place of cauliflower. Do not sweat the spinach with the mirepoix. Blanch it, drain well, and add to velouté in step 3.

Cream of Watercress

Use 1 lb 4 oz (625 g) watercress in place of cauliflower.

Cream of Chicken

Use a standard mirepoix instead of a white mirepoix, and increase the quantity of mirepoix to 12 oz (360 g). Use a velouté sauce made with a strong, flavorful chicken stock. After soup is strained, add 4 oz (120 g) cooked chicken meat, cut into julienne or fine dice.

Cold Cream Soups

Most cream soups are delicious cold as well as hot. For example, cold cream of cucumber soup is a special favorite in summer. Procedure:

1. Chill soup after step 9 in recipe.
2. Add cold cream after soup is well chilled.
3. Dilute with extra milk, cream, or stock if soup becomes too thick.
4. Season carefully. Cold foods require more seasonings.

Cream of Mushroom Soup (Cream Soup Method 2)

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
6 oz	180 g	Butter
8 oz	250 g	White mirepoix, chopped fine (p. 161)
1 lb 8 oz	750 g	Mushrooms, chopped
4½ oz	140 g	Flour
2¼ qt	2.25 L	White stock, chicken or veal, hot
as needed	as needed	Milk or white stock, hot
to taste	to taste	Salt
to taste	to taste	White pepper
8 fl oz	250 mL	Heavy cream, hot
		Optional garnish:
3 oz	90 g	Mushrooms, cut brunoise, sautéed in butter

PROCEDURE

1. Review cream soup guidelines and Method 2 (p. 246).
2. Heat the butter in a heavy saucepot over moderate heat.
3. Add the onions and mushrooms. Sweat the vegetables without letting them brown.
4. Add the flour and stir to make a roux. Cook the roux a few minutes, but do not let it start to brown.
5. Gradually beat in the stock. Bring to a boil, stirring with a whip as it thickens.
6. Simmer until vegetables are very tender.
7. Skim the soup carefully.
8. Pass the soup through a food mill to purée it, or purée with an immersion blender.
9. For a finer texture, pass the puréed soup through a fine china cap or cheesecloth.
10. Add enough hot milk to bring the soup to the proper consistency.
11. Heat the soup again, but do not let it boil.
12. Season to taste.
13. At service time, add the cream. Add garnish, if desired.

Per serving: Calories, 240; Protein, 4 g; Fat 19 g (71% cal.); Cholesterol, 55 mg; Carbohydrates, 15 g; Fiber, 1 g; Sodium, 125 mg.

VARIATIONS, METHOD 2

For each variation, replace the mushrooms with the vegetable in quantity indicated. See Note to the variations for Cream of Cauliflower Soup, page 247.

Cream of Asparagus
1 lb 12 oz (850 g) asparagus

Cream of Broccoli
1 lb 12 oz (850 g) broccoli

Cream of Carrot
1 lb 12 oz (850 g) carrots

Cream of Cauliflower
1 lb 12 oz (850 g) cauliflower

Cream of Celery
1 lb 12 oz (850 g) celery

Cream of Corn
1 lb 12 oz (850 g) whole-kernel corn

Cream of Cucumber
1 lb 12 oz (850 g) peeled, seeded cucumber

Cream of Green Pea
1 lb 12 oz (850 g) frozen peas. Add after step 5.

Cream of Spinach
1½ lb (750 g) fresh or 1 lb (500 g) frozen spinach. Blanch, drain, and add after step 5.

Cream of Watercress
1 lb 4 oz (625 g) watercress

Cream of Chicken
Use a standard mirepoix instead of white mirepoix, if desired. Use strong chicken stock. Add 3 oz (120 g) cooked chicken meat, cut into julienne or fine dice, to finished soup after straining.



Cream of Mushroom Soup

Cream of Broccoli Soup (Cream Soup Method 3)

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2¼ qt	2.25 L	White stock, chicken or veal	1. Bring the stock to a boil in a heavy saucepot.
1 lb 12 oz	850 g	Broccoli (fresh or frozen), chopped	2. Add broccoli and onion. (Optional: Vegetables may be sweated in butter first to develop flavors.)
8 oz	250 g	White mirepoix, chopped fine (p. 161)	3. Simmer until the vegetables are tender. Do not overcook, or the broccoli will lose its fresh green color.
4½ oz	140 g	Butter, clarified	4. Combine the butter and flour in a saucepan to make a roux. Cook the roux a few minutes, but do not let it color. Cool the roux slightly. (*Note*: Beurre manié may be used instead of roux.)
4½ oz	140 g	Flour	5. Beat the roux into the soup. Simmer until no starch taste remains.
			6. Pass the soup through a food mill, then through a fine china cap or cheesecloth.
as needed	as needed	Milk or white stock, hot	7. Add enough hot milk to bring the soup to proper consistency.
to taste	to taste	Salt	8. Heat the soup again, but do not let it boil.
to taste	to taste	White pepper	9. Season to taste.
8 fl oz	250 mL	Heavy cream, hot	10. At service time, add the heavy cream. If desired, add garnish.
		Optional garnish:	
4 oz	125 g	Small broccoli florets, cooked	

Per serving: Calories, 220; Protein, 5 g; Fat, 16 g (65% cal.); Cholesterol, 45 mg; Carbohydrates, 17 g; Fiber, 3 g; Sodium, 130 mg.

Note: Milk, salt, white pepper, optional garnish not included.

VARIATIONS, METHOD 3

For other cream soups, replace the broccoli with 1 lb 12 oz (850 g) of any of the following:

Asparagus	Carrots	Cauliflower	Celery
Corn	Green peas	Spinach	

Cream of Tomato Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Salt pork, diced
2 oz	60 g	Onion, medium dice
1 oz	30 g	Carrots, medium dice
1 oz	30 g	Celery, medium dice
1 oz	30 g	Flour
1½ qt	1.5 L	White stock
1 lb	500 g	Canned tomatoes
1 lb	500 g	Tomato purée
		Sachet:
1	1	Bay leaf
pinch	pinch	Dried thyme
1	1	Whole clove
2	2	Peppercorns, crushed
1 qt	1 L	Cream sauce, hot
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. In a heavy saucepot, cook the salt pork over medium heat to render the fat.
2. Add the onion, carrots, and celery. Sweat until slightly softened.
3. Add the flour and stir to make a roux. Cook the roux a few minutes.
4. Slowly beat in the stock. Bring to a boil, stirring while the liquid thickens slightly.
5. Add the tomatoes, tomato purée, and sachet. Simmer about 1 hour.
6. Strain through a china cap. Press down on the solids with a ladle to force out all the juices and some of the pulp. (*Alternative method*: Pass through a food mill, then strain.)
7. If the soup is being made ahead, chill the tomato base and proceed to the next step just before service.
8. Return the tomato base to the saucepot and bring back to a simmer.
9. Stir in the hot cream sauce.
10. If the soup is too thick, thin with a little stock.
11. Season to taste with salt and pepper.

Per serving: Calories, 210; Protein, 5 g; Fat, 15 g (64% cal.); Cholesterol, 45 mg; Carbohydrates, 14 g; Fiber, 1 g; Sodium, 230 mg.

VARIATIONS

If you study this recipe, you will see the first part (through step 6) is essentially a tomato sauce.
The recipe can be broken down as follows:

1 part	Tomato sauce
1 part	Stock
1 part	Cream sauce

Using this formula, you can also make cream of tomato soup from Tomato Sauce I (p. 194) or from canned tomato sauce. You can also make it from canned tomato purée if you simmer it with extra herbs, seasonings, and mirepoix. Check all seasonings and flavors carefully when using canned, prepared products.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Wild Rice and Mushroom Soup

Wisconsin Cheddar and Broccoli Soup

PURÉE SOUPS

Techniques

Purée soups are made by simmering dried or fresh vegetables, especially high-starch vegetables, in stock or water, then puréeing the soup (Fig. 10.5). Thus, they are relatively easy to prepare. Purée soups are not as smooth and refined as cream soups but are heartier and coarser in texture and character.

Techniques vary greatly, depending on the ingredients and the desired result.

Standards of Quality for Purée Soups

1. **Appearance and Texture.**

   Slightly coarse texture, not as creamy as cream soups. Slightly thicker than cream soups, but still easily pourable. Good color from the main ingredients.

2. **Flavor and Aroma.**

   Robust flavor of the main ingredients should predominate, with the flavor of the stock or broth in the background. Purée soups may have a slightly rich flavor from added cream or butter, or they may have a leaner but still full-bodied flavor if no cream or butter enrichment is used.

BASIC PROCEDURE for Making Purée Soups

1. Sweat mirepoix or other fresh vegetables in fat.
2. Add liquid.
3. Add dried or starchy vegetables.
4. Simmer until vegetables are tender. Fresh vegetables should be completely cooked but not overcooked or falling apart.
5. Purée soup in a food mill or with an immersion blender.

   Variation: Some soups made from dried legumes, such as bean soup and lentil soup, are not puréed but are served as is or slightly mashed.
6. Purée soups are generally not bound with an added starch but rely on the starches present in the vegetables. Some fresh vegetable purées, however, settle out. These may be thickened with a little starch if desired.
7. Add cream if required.
8. Adjust seasonings.
9. Evaluate the finished soup (see below).

FIGURE 10.5 Preparing a purée soup.



(a) Sweat onions, mirepoix, or other fresh vegetables in fat.



(b) Add stock or other liquid.



(c) Add starchy vegetables or other remaining vegetables.



(d) Purée the soup with an immersion blender, a food processor, or food mill.

Purée of Carrot Soup (Potage Crècy)

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Butter
2 lb	1 kg	Carrots, small dice
8 oz	250 g	Onions, small dice
2½ qt	2.5 L	Chicken stock or white veal stock
8 oz	250 g	Potatoes, small dice
to taste	to taste	Salt
to taste	to taste	White pepper
		Optional:
6–8 fl oz	180–250 mL	Cream, hot

PROCEDURE

1. Heat the butter in a heavy saucepot over moderately low heat.
2. Add the carrots and onions, and sweat the vegetables until they are about half cooked. Do not let them brown.
3. Add the stock and potatoes. Bring to a boil.
4. Simmer until the vegetables are tender.
5. Purée the soup by passing it through a food mill or by using an immersion blender.
6. Bring the soup back to a simmer. If necessary, add more stock to thin the soup to the proper consistency.
7. Season to taste.
8. If desired, finish the soup with hot cream at service time.

Per serving: Calories, 90; Protein, 2 g; Fat, 4.5 g (40% cal.); Cholesterol, 15 mg; Carbohydrates, 13 g; Fiber, 3 g; Sodium, 95 mg.

VARIATIONS

Rice may be used in place of potatoes as the binding agent in the above recipe or in any variation below except purée of potato, purée of potato and leek, and purée of watercress. Use 4 oz (125 g) raw rice in place of 8 oz (250 g) potatoes. The soup must be simmered until the rice is very soft.

Purée of Cauliflower Soup (Purée Dubarry)

Use 2 lb (1 kg) cauliflower in place of carrots.

Purée of Celery or Celery Root Soup

Use 2 lb (1 kg) celery or celery root in place of carrots.

Purée of Jerusalem Artichoke Soup

Use 2 lb (1 kg) Jerusalem artichoke in place of carrots.

Purée of Potato Soup (Potage Parmentier)

Omit carrots from basic recipe, add 5 oz (150 g) leeks to the onions, and increase the potatoes to 2½ lb (1.25 kg).

Purée of Potato and Leek Soup

Use 1 lb (500 g) leeks in place of the carrots. Increase the potatoes to 1 lb 4 oz (600 g).

Purée of Turnip Soup

Use 2 lb (1 kg) white turnips in place of carrots.

Purée of Watercress Soup

Prepare like purée of potato soup, but add 2½ bunches watercress, chopped, when the potatoes are almost tender.

Purée of Mixed Vegetable Soup

Decrease carrots to 10 oz (300 g). Add 5 oz (150 g) each celery, turnips, leeks, and cabbage.

Potage Solferino

Combine equal parts purée of potato and leek soup and cream of tomato soup.

Purée of Split Pea Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
3 oz	90 g	Salt pork
		Mirepoix:
5 oz	150 g	Onion, small dice
2½ oz	75 g	Celery, small dice
2½ oz	75 g	Carrot, small dice
3 qt	3 L	Ham stock (see *Note*)
1	1	Ham bone or ham hock (optional)
1 lb	480 g	Green split peas
		Sachet:
1	1	Bay leaf
2	2	Whole cloves
6	6	Peppercorns
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Cut the salt pork into fine dice or pass through a grinder.
2. Cook the salt pork slowly in a heavy saucepot to render the fat. Do not brown the pork.
3. Add the mirepoix and sweat in the fat until the vegetables are slightly softened.
4. Add the ham stock and ham bone. Bring to a boil.
5. Rinse the split peas under cold water. Drain in a strainer and add to the stock. Add the sachet.
6. Cover and simmer until the peas are tender, about 1 hour.
7. Remove the ham bone and sachet.
8. Pass the soup through a food mill.
9. Bring the soup back to a simmer. If it is too thick, bring it to proper consistency with a little stock or water.
10. Season to taste.
11. If a ham hock was used, trim off the meat. Dice it, and add to the soup.

Per serving: Calories, 230; Protein, 13 g; Fat, 7 g (26% cal.); Cholesterol, 5 mg; Carbohydrates, 32 g; Fiber, 12 g; Sodium, 590 mg.

Note: Water may be used if ham stock is not available. In this case, the optional ham bone or ham hock should be used to provide flavor. Simmer the water and bone together for 1 hour or more before making the soup to extract more flavor.

VARIATIONS

For a coarser, more rustic texture, do not pass the soup through a food mill but serve as is. In this case, name soup simply Split Pea Soup rather than Purée of Split Pea Soup. Other bean, pea, and lentil soups may also be served without puréeing.

Other dried vegetables are made into soups using the same procedure. Most dried beans should be soaked in cold water overnight to reduce cooking time. (Split peas may be soaked, but they cook quickly enough without soaking.)

Purée of White Bean Soup

Use 1 lb (480 g) navy beans. Soak the beans overnight. Use chicken or veal stock in place of ham stock.

Purée of Yellow Split Pea Soup

Use yellow split peas instead of green.

Purée of Lentil Soup

Use 1 lb (480 g) brown lentils. Soak overnight. Use either ham stock or white stock. Garnish with diced cooked bacon or ham or sliced frankfurters.

Purée of Kidney Bean Soup

Use 1 lb (500 g) red kidney beans. Soak beans overnight. Use white stock and add 10 fl oz (300 mL) red wine to the soup when the beans are almost tender. Garnish with croutons sautéed in butter.

Purée of Black Bean Soup

Use 1 lb (500 g) black turtle beans. Soak beans overnight. Use white stock and ham bone. Add 4 fl oz (125 mL) Madeira or sherry to the finished soup. Garnish with lemon slices and chopped hard-cooked egg.

Purée Mongole

Combine 1½ qt (1.5 L) purée of green split pea soup and 1 qt (1 L) tomato purée. Dilute to proper consistency with about 1–2 pt (0.5–1 L) white stock. Garnish with cooked peas and cooked julienne of carrots and leeks.

Nonpuréed Bean Soups

Prepare any of the above soups as directed, but purée only about one-fourth of the beans. Add this purée to the soup as a thickening agent.

Purée of Green Pea Soup with Mint Cream

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Butter
3 oz	190 g	Onions, small dice
2 qt	4 L	Chicken stock
3 lb	1.5 kg	Peas, fresh or frozen
to taste	to taste	Salt
to taste	to taste	White pepper
4 fl oz	125 mL	Heavy cream
		Garnish:
6 fl oz	180 mL	Heavy cream
2 tbsp	30 mL	Mint leaves, finely shredded

Per serving: Calories, 200; Protein, 7 g; Fat, 11 g (50% cal.); Cholesterol, 40 mg; Carbohydrates, 18 g; Fiber, 6 g; Sodium, 40 mg.

PROCEDURE

1. Heat the butter in a heavy saucepot over moderately low heat.
2. Add the onions and sweat them without letting them brown.
3. Add the stock and bring to a boil.
4. Add the peas. Simmer until the peas are soft, about 5 minutes.
5. Pass the soup through a food mill or purée with an immersion blender and then pass through mill to remove coarse pea husks.
6. Return the stock to a simmer. Add additional stock if necessary to bring to a proper consistency.
7. Adjust the seasoning.
8. At service time, heat the heavy cream and stir into the soup.
9. Whip the cream until it forms soft peaks. Fold in the shredded mint leaves.
10. Immediately before serving, place 1 tbsp (15 mL) mint cream on top of each portion. (Within a few minutes, the whipped cream will melt into a mint-flecked foam.)



Purée of Green Pea Soup with Mint Cream

Purée of Spring Vegetable Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Butter
1 lb	500 g	Leeks, white part only, small dice
1 lb	500 g	New potatoes, peeled, small dice
8 oz	250 g	Celery, small dice
8 oz	250 g	Peas, fresh or frozen
2 tbsp	30 mL	Chopped parsley
1½ tsp	7 mL	Chopped fresh tarragon
3 qt	3 L	Light vegetable stock or chicken stock
4 fl oz	125 mL	Heavy cream (see *Note*)
to taste	to taste	Salt
to taste	to taste	White pepper
		Garnish:
4 fl oz	125 mL	Heavy cream (see *Note*)
1 tbsp	15 mL	Chopped chives

PROCEDURE

1. Heat the butter in a heavy soup pot over low heat.
2. Add the leeks, potatoes, and celery. Sweat over low heat until fairly tender, about 10–15 minutes.
3. Add the peas, parsley, and tarragon. Sweat another 5 minutes.
4. Add the stock. Simmer 10 minutes or more, until the vegetables are tender but not overcooked.
5. Purée the soup with a food mill. If you use an immersion blender, pass the soup through a food mill or sieve after puréeing it in order to remove celery fibers.
6. Heat the cream and stir it into soup.
7. Adjust the seasoning with salt and white pepper.
8. Whip the cream until it forms soft peaks. Fold in the chives.
9. At service time, garnish each portion of soup with a spoonful of chive cream. (Within a few minutes, the whipped cream will melt into a chive-flecked foam.)

Per serving: Calories, 160; Protein, 4 g; Fat, 10 g (53% cal.); Cholesterol, 35 mg; Carbohydrates, 16 g; Fiber, 3 g; Sodium, 65 mg.

Note: The first quantity of cream may be decreased as desired and the whipped cream garnish omitted to reduce dietary fat.

Butternut Squash Soup with Caramelized Apples

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
4 oz	125 g	French bread
1 oz	30 g	Butter
1 oz	30 g	Butter
4 oz	125 g	Onions, small dice
4 oz	125 g	Leeks, small dice
6 oz	180 g	Carrots, small dice
2 lb	1 kg	Butternut squash, medium dice
2½ qt	2.5 L	Chicken stock
¾ tsp	3 mL	Salt
¼ tsp	1 mL	White pepper
¼ tsp	1 mL	Ground allspice
¼ tsp	1 mL	Ground ginger
12	12	Croutons (see procedure)
12 oz	375 g	Tart, firm cooking apples
½ oz	15 g	Butter
1 oz	30 g	Brown sugar
6 fl oz	180 mL	Heavy cream (optional)
as needed	as needed	Additional heavy cream or crème fraîche for garnish, if desired

PROCEDURE

1. Cut the bread into slices ½ in. (1 cm) thick.
2. Fry bread in the butter until golden brown. (If desired, prepare additional croutons for garnish at the same time; see step 8.)
3. Heat the butter in a heavy saucepot over moderately low heat.
4. Add the onions, leeks, and carrots. Sweat them until about half cooked. Do not let them brown.
5. Add the squash, the stock, and the browned bread from step 2. Simmer until the vegetables are tender.
6. Purée the soup with a food mill or an immersion blender.
7. Bring the soup back to a simmer. Taste and adjust seasonings.
8. Prepare croutons by browning slices of French bread in butter as in steps 1 and 2. For best appearance, use a slender loaf so croutons aren't too big.
9. Peel and core apples. Cut into small dice.
10. Heat the butter in a sauté pan and add the apples and sugar. Cook over moderate heat until apples are brown and caramelized.
11. At service, heat the heavy cream (if using) and add to the soup.
12. For each portion, ladle soup into a broad soup plate. Decorate the top of the soup with a swirl of cream, if desired. Heap a generous tablespoon (15 mL) of apple onto a crouton and carefully place in the soup.

Per serving: Calories, 150; Protein, 3 g; Fat, 6 g (34% cal.); Cholesterol, 20 mg; Carbohydrates, 23 g; Fiber, 4 g; Sodium, 280 mg.

Navy Bean Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Dried navy beans
2 oz	60 g	Bacon, diced
2 oz	60 g	Onions, small dice
4 oz	125 g	Carrots, small dice
4 oz	125 g	Celery, small dice
2 oz	1260 g	Leeks, sliced
2	2	Garlic cloves, chopped
2½ qt	2.5 L	Stock or water
1	1	Ham hock
1	1	Bay leaf
¼ tsp	1 mL	Dried thyme
¼ tsp	1 mL	Pepper
1 pt	500 mL	Canned tomatoes, with juice, crushed

PROCEDURE

1. Soak the beans overnight in cold water.
2. Place the bacon in a heavy saucepot over medium heat. Render the fat from the bacon, but do not cook until crisp.
3. Add the vegetables and cook over low heat until almost tender.
4. Add the stock or water and the ham hock. Bring to a boil.
5. Drain the beans and add to the liquid. Also add the bay leaf, thyme, and pepper.
6. Cover and simmer until the beans are tender.
7. Add the tomatoes to the soup and simmer another 15 minutes. Remove the bay leaf.
8. Remove the ham hock from the soup. Cut off and dice the meat and add it to the soup. Discard the bones.
9. Mash the beans lightly with a paddle or pass about one-fourth of them through a food mill. Return this purée to the soup to thicken it.
10. If the soup is too thick, thin with a little stock.
11. Adjust the seasoning.

Per serving: Calories, 180; Protein, 10 g; Fat, 4 g (19% cal.); Cholesterol, 5 mg; Carbohydrates, 28 g; Fiber, 7 g; Sodium, 510 mg.

Chilled Leek and Potato Soup with Shrimp and Fennel Salad

YIELD: 3 QT (3 L), PLUS GARNISH PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML), PLUS GARNISH

U.S.	METRIC	INGREDIENTS
1½ lb	750 g	Leeks, white part only
1½ lb	750 g	Potatoes, peeled
2 fl oz	60 mL	Olive oil
4½ pt	2.25 L	Chicken stock
to taste	to taste	Salt
to taste	to taste	White pepper
12 oz	375 g	Tender fennel bulbs, trimmed (see *Note*)
4 tsp	20 mL	Lemon juice
1 fl oz	30 mL	Olive oil
to taste	to taste	Salt
to taste	to taste	Pepper
36	36	Small cooked shrimp (see *Note*)
8 fl oz	250 mL	Heavy cream
8 fl oz	250 mL	Buttermilk

PROCEDURE

1. Cut the leeks and potatoes into thin slices.
2. Sweat the leeks in olive oil without letting them brown.
3. Add the stock and potatoes and bring to a boil. Simmer until the vegetables are tender.
4. Pass the soup through a food mill.
5. If the soup is too thick, add a little stock to bring it to proper consistency.
6. Chill the soup thoroughly.
7. Add salt and white pepper to taste.
8. While the soup is chilling, prepare the garnish. Cut the fennel in half lengthwise through the base, then cut lengthwise into paper-thin slices (a slicing machine may be used). Cut these slices lengthwise into rough julienne.
9. Toss the fennel with the lemon juice, then with half the olive oil. Add salt and pepper to taste.
10. Toss the shrimp with the remaining olive oil.
11. Stir the heavy cream and buttermilk into the chilled soup.
12. Arrange the fennel salad in the center of broad soup plates. Arrange 3 shrimp on top of each mound of fennel.
13. Place the soup plate in front of the diner, then ladle in a portion of soup from a tureen.

Per serving: Calories, 240; Protein, 8 g; Fat, 15 g (55% cal.); Cholesterol, 55 mg; Carbohydrates, 22 g; Fiber, 3 g; Sodium, 90 mg.

Note: The fennel must be young and tender, as it is eaten raw. If only large bulbs are available, use the interior part and save the outer layers for another purpose.

Grilled shrimp are especially good for this soup.

VARIATIONS

The fennel and shrimp garnish may be omitted for a simpler presentation. Water may be substituted for stock. Leeks are flavorful enough to make a delicious soup even without stock.

Vichyssoise

Substitute butter for olive oil. Omit buttermilk and increase heavy cream to 16–20 fl oz (500–600 mL). Omit fennel and shrimp salad garnish. Garnish with chopped chives.



Chilled Leek and Potato Soup with Shrimp and Fennel Salad

ADDITIONAL RECIPE

This additional recipe may be found on your CulinarE-Companion recipe management program:

Spicy Black Bean Soup

BISQUES

A bisque (bisk) is a cream soup made with shellfish. At one time, bisques were thickened with rice, but today they are more frequently thickened with roux. Bisques are made basically like other cream soups, but they seem more complex because of the handling of the shellfish and the variety of flavoring ingredients often used. Expensive to prepare and rich in taste, they are considered luxury soups.

Because of the cost of shellfish bisques, it is especially important to check the quality of stocks and all other ingredients before proceeding. In particular, if stock has been in storage, bring it to a simmer and check for off odors or flavors. This helps to avoid spoiling a quantity of expensive seafood because a poor-quality ingredient ruins the entire batch.

The term ***bisque*** has come to be used for a great variety of soups, primarily because the word sounds nice. In this book, we reserve the term for shellfish cream soups. Nevertheless, you will also see the word ***bisque*** applied to many of the vegetable purée soups and cream soups discussed in earlier sections.

BISQUE

Linguists say the most likely origin of the word *bisque* is Biscay, the name of the bay off the coast of southwestern France and northwestern Spain.

It is sometimes said the word comes from *biscuit*, because the soup was once thickened by dried bread, but language experts say there is no evidence for this origin.

Standards of Quality for Bisques

1. **Appearance and Texture.**
   Attractive creamy reddish pink color.
   Creamy texture with a slight graininess from the crustacean shells. Not too thick—about the thickness of heavy cream.
2. **Flavor and Aroma.**
   Full flavor of shrimp, lobster, or whatever shellfish is used. Wine, spices, and tomato paste should enhance the shellfish flavor but not be so strong as to overwhelm the flavor or give harshness. Rich and creamy, but not so creamy as to be cloying.

FIGURE 10.6 Bisque procedure.



(a) Cook the shells in butter.



(b) Add fish velouté.



(c) Blend with an immersion blender.



(d) Strain through cheesecloth.

Shrimp Bisque

YIELD: 2 QT (2 L) PORTIONS: 10 PORTION SIZE: 6 FL OZ (200 ML)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Butter
12 oz	360 g	Shrimp shells, rinsed and drained
2 oz	60 g	Onions, cut brunoise
2 oz	60 g	Carrots, cut brunoise
small piece	small piece	Bay leaf
pinch	pinch	Dried thyme
4	4	Parsley stems
1 oz	30 g	Tomato paste (see Variations)
2 oz	60 mL	Burnt brandy (see *Note*)
6 oz	200 mL	White wine
1 qt	1 L	Fish velouté
1 pt	500 mL	Fish stock
5–10 oz	150–300 g	Raw shrimp, peeled and deveined
½ oz	15 g	Butter
1 pt	500 mL	Heavy cream, hot
1½ fl oz	45 mL	Dry sherry
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Heat the butter in a saucepan over medium heat.
2. Add the shrimp shells. Cook until the shells have turned pink or red (Fig. 10.6a). Remove and set aside.
3. Add onions and carrots to the pot. Sauté until just lightly browned.
4. Add the bay leaf, thyme, parsley stems, and tomato paste. Cook for 2 minutes, until the tomato paste develops an aroma. Stir well.
5. Return the shells to the pan.
6. Add the brandy and wine. Simmer until reduced by half.
7. Add the fish velouté (Fig. 10.6b) and stock to the saucepan. Simmer 45 minutes.
8. Blend the mixture using an immersion blender (Fig. 10.6c). This step is optional but improves the body and flavor of the bisque.
9. Strain through a fine mesh strainer lined with cheesecloth. After most of the liquid has passed through the cheesecloth, force out all remaining liquid as shown in the illustration (Fig. 10.6d): each worker holds two corners of the cheesecloth and twists tightly in opposite directions. (If no help is available, extract liquid by pressing down well on the solids in the strainer.) Return the soup to the saucepan and bring back to a simmer.
10. Cut the shrimp into small dice.
11. Heat the last quantity of butter in a sauté pan. Add the shrimp and sauté just until cooked through, about 1 or 2 minutes. Add to the soup and simmer 2 minutes.
12. Add the hot cream and the sherry. Season to taste.

Per serving: Calories, 220; Protein, 8 g; Fat 17 g (70% cal.); Cholesterol, 110 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 180 mg.

Note: Burnt brandy is brandy that has been heated in a saucepan and flamed (carefully) to burn off the alcohol.

VARIATIONS

This recipe is based on Method 1 for making cream soups (p. 246) in that it uses velouté as a base. You can also use fish stock instead of velouté and thicken the soup in other ways:

1. Beat in beurre manié (p. 181), a little at a time, after step 8, until properly thickened.
2. Stir in a cornstarch slurry (cornstarch in cold water), a little at a time.
3. Simmer 2 oz (60 g) rice in 1 pt (500 mL) of the stock until the rice is completely cooked. Liquefy in a blender or force through a fine sieve to purée the rice, and add to the soup. (This is the classical method.)

Paprika is often used instead of tomato paste to color and flavor bisques. Substitute 1 tbsp (15 mL) Spanish paprika for the 1 oz (30 g) tomato paste.

Lobster Bisque

In place of shrimp, use raw lobster shells and lobster meat. Chop the shells into small pieces before cooking.



Shrimp Bisque



KEY POINTS TO REVIEW

- What are the three basic procedures for making cream soups?
- What is a purée soup? Describe the basic procedure for making a purée soup.
- What is a bisque? Describe the basic procedure for making a shrimp bisque.
- What is a chowder?

CHOWDERS

Chowders are chunky, hearty soups so full of good things they sometimes are more like stews than soups. Many types of chowder are simply cream soups or purée soups that are not puréed but left chunky. Like other specialty regional soups, chowders resist categorization. However, most of them are based on fish or shellfish or vegetables, and most contain potatoes and milk or cream.

Potato Chowder

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	125 g	Salt pork	1. Grind the salt pork or cut into very fine dice.
6 oz	180 g	Onions, medium dice	2. Render the pork fat in a heavy saucepot.
1½ oz	45 g	Celery, medium dice	3. Add the onions and celery. Cook in the fat over moderate heat until nearly tender. Do not brown.
2 oz	60 g	Flour	4. Add the flour. Stir into the fat to make a roux. Cook the roux slowly 4–5 minutes, but do not let it brown.
3½ pt	1.75 L	Chicken stock	5. Using a wire whip, slowly stir in the stock. Bring to a boil, stirring to make sure the liquid is smooth.
1 lb 8 oz	750 g	Potatoes, medium dice	6. Add the potatoes. Simmer until all the vegetables are tender.
1½ pt	750 mL	Milk, hot	7. Stir in the hot milk and cream.
4 fl oz	125 mL	Heavy cream, hot	8. Season to taste with salt and white pepper.
to taste	to taste	Salt	
to taste	to taste	White pepper	
as needed	as needed	Chopped parsley	9. Sprinkle each portion with a little chopped parsley for garnish.

Per serving: Calories, 210; Protein, 5g; Fat 14g (59% cal.); Cholesterol, 35 mg; Carbohydrates, 18g; Fiber, 1 g; Sodium, 180 mg.

VARIATIONS

Corn Chowder

Version 1. Prepare as in basic recipe, but reduce potatoes to 1 lb 2 oz (550 g). When vegetables are tender, add 1½ lb (750 g) frozen or drained canned whole-kernel corn. (If using canned corn, replace part of the chicken stock with corn liquid.)

Version 2. Prepare as in basic recipe, but reduce potatoes to 12 oz (375 g). Add 1½ lb (750 g) canned cream-style corn when vegetables are tender.

New England Clam Chowder

YIELD: 3 QT (3 L) PORTIONS:12 PORTIONS SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
1 qt	1 L	Canned, minced clams, with their juice, or fresh shucked clams, with their juice (see *Note*)
1½ pt	750 mL	Water
5 oz	150 g	Salt pork, ground or cut into fine dice
8 oz	250 g	Onions, small dice
2 oz	60 g	Flour
1 lb	500 g	Potatoes, small dice
2½ pt	1.25 L	Milk, hot
4 fl oz	125 mL	Heavy cream, hot
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Drain the clams, reserving the juice. If you are using fresh clams, chop them, being sure to save all the juice.
2. Combine the juice and water in a saucepan. Bring to a boil.
3. Remove from the heat and keep the liquid hot for step 7.
4. In a heavy saucepot or stockpot, render the salt pork over medium heat.
5. Add the onions and cook slowly until soft, but do not brown.
6. Add the flour and stir to make a roux. Cook the roux slowly 3–4 minutes, but do not let it brown.
7. Using a wire whip, slowly stir the clam liquid and water into the roux.
   Bring to a boil, stirring constantly to make sure the liquid is smooth.
8. Add the potatoes. Simmer until tender. (If you are using large, tough chowder clams, pass them once through a grinder and add with the potatoes.)
9. Stir in the clams and hot milk and cream. Heat gently, but do not boil.
10. Season to taste with salt and white pepper.

Per serving: Calories, 300; Protein, 16 g; Fat, 17 g (52% cal.); Cholesterol, 65 mg; Carbohydrates, 19 g; Fiber, 1 g; Sodium, 350 mg.

Note: If whole clams in the shell are used, you will need about 4–5 qt (4–5 L). Scrub them well. Combine with the 1½ pt (750mL) water in a stockpot and simmer until the shells open. Remove the clams from the shells and chop. Strain the liquid.

VARIATIONS

Manhattan Clam Chowder

Substitute 2 fl oz (60 mL) oil or 2 oz (60 g) butter for the salt pork. Add 5 oz (150 g) celery, small dice; 5 oz (150 g) carrots, small dice; and ½ tsp (2 mL) chopped garlic to the onions in step 5. Omit flour. Instead of milk, use 2½ pt (1.25L) chopped canned tomatoes and their juices. Omit cream.

New England Fish Chowder

Follow the procedure for New England Clam Chowder, but omit clams and water. Use 1½ qt (1.5 L) fish stock instead of the clam juice and water mixture in step 7. Remove all skin and bones from 10 oz (300 g) haddock fillets. Cut into ¾-in. (2-cm) chunks. Add to the finished soup and keep hot (do not boil) until the fish is cooked, about 5 minutes.

ADDITIONAL RECIPE

This additional recipe may be found on your CulinarE-Companion recipe management program:

Corn and Crab Chowder with Basil

SPECIALTY SOUPS AND NATIONAL SOUPS

French Onion Soup Gratinée

YIELD: 3¾ QT (3.75L) PORTIONS: 12 PORTION SIZE: 10 FL OZ (300 ML)

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Butter
2 lb 8 oz	1.25 kg	Onions, sliced thin
3¼ qt	3.25 L	Beef stock, or half beef and half chicken stock
to taste	to taste	Salt
to taste	to taste	Pepper
2–3 fl oz	60–90 mL	Sherry (optional)
as needed	as needed	French bread (see procedure)
12 oz	375 g	Gruyère or Swiss cheese, or a mixture, coarsely grated

PROCEDURE

1. Heat the butter in a stockpot over moderate heat. Add the onions and cook until golden. Stir occasionally. *Note*: The onions must cook slowly and become evenly browned. This is a slow process and will take about 30 minutes. Do not brown too fast or use high heat.
2. Add the stock and bring to a boil. Simmer until the onions are very tender and the flavors are well blended, about 20 minutes.
3. Season to taste with salt and pepper. Add the sherry, if desired.
4. Keep the soup hot for service.
5. Cut the bread into slices about ⅜ in. (1 cm) thick. You need 1 or 2 slices per portion, or just enough to cover the top of the soup in its serving crock.
6. Toast bread slices in the oven or under the broiler.
7. For each portion, fill an individual-service soup crock with hot soup. Place 1 or 2 slices of the toast on top and cover with cheese. Pass under the broiler until the cheese is bubbling and lightly browned. Serve immediately.

Per serving: Calories, 320; Protein, 15 g; Fat, 15 g (42% cal.); Cholesterol, 50 mg; Carbohydrates, 31 g; Fiber, 3 g; Sodium, 410 mg.

VARIATIONS

Onion soup may be served without gratinéeing and with cheese croutons prepared separately. Toast the bread as in basic recipe. Place on a sheet pan. Brush lightly with butter and sprinkle each piece with grated cheese. (Parmesan may be mixed with the other cheese.) Brown under the broiler. Garnish each portion with 1 cheese crouton. (This method is less expensive because it uses much less cheese.)



French Onion Soup Gratinée

Gulyas

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Pork fatback or bacon
8 oz	250 g	Onions, medium dice
1 lb 8 oz	750 g	Beef chuck or shank
2	2	Garlic cloves, chopped fine
½ tsp	2 mL	Caraway seeds
2 tbsp	12 g	Hungarian paprika
1 tbsp	15 mL	Tomato paste
2½ qt	2.5 L	Water or brown stock, hot
1 lb	500 g	Potatoes, peeled, medium dice
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Grind the fatback or bacon or cut into fine dice. Render the fat in a heavy pot. After the fat has rendered, remove the solids with a slotted spoon and discard or save for another use.
2. Add the onions to the fat in the pot and sweat. Do not brown.
3. Cut the beef into medium dice. Add to the onions and cook over low heat 10 minutes.
4. Add the garlic, caraway seeds, paprika, and tomato paste. Stir in well.
5. Add the liquid. Simmer until the beef is almost tender. This may take 1 hour or more, depending on the type and quality of the meat.
6. Add the potatoes and simmer until done.
7. Season to taste with salt and pepper.

Per serving: Calories, 210; Protein, 12 g; Fat, 14 g (60% cal.); Cholesterol, 40 mg; Carbohydrates, 9 g; Fiber, 1 g; Sodium, 45 mg.

GULYAS

According to Hungarian food authority George Lang, gulyas dates back to the ninth century, when Hungarian shepherds cut meat into cubes, stewed it until all the liquid evaporated, and then dried the meat cubes in the sun. They packed the dried meat in skins and carried it with them, taking a little out as needed for meals and reheating it in water. With a lot of water, it became soup, and with a little water, it was a stew.

True gulyas, whether as a soup or a stew, bears almost no resemblance to the various American dishes called goulash.



Gulyas

Avgolemono

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
3 qt	3 L	Chicken stock
4 oz	125 g	Rice, raw
		Liaison:
4	4	Eggs, beaten
3 fl oz	90 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Chopped parsley

PROCEDURE

1. Bring the stock to a boil in a large sauce pot or in a stockpot.
2. Place the rice in a strainer and rinse under cold water. Add to the stock. Simmer until the rice is cooked.
3. Remove from the heat.
4. Just before serving, beat the eggs with the lemon juice in a stainless-steel bowl.
5. Gradually beat in about 8 fl oz (250 mL) of the hot soup to temper the liaison. Stir the mixture back into the soup.
6. Return the soup to heat and warm it to below the simmering point. Do not boil, or the soup will curdle.
7. Season to taste with salt and pepper.
8. At service time, top each portion with a little chopped parsley.

Per serving: Calories, 10; Protein, 1 g; Fat, 0 g (0% cal.); Cholesterol, 10 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 5 mg.

Southwestern Corn and Tomato Soup

YIELD: 2 QT (2 L) PORTIONS: 8 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
1 fl oz	30 mL	Oil
8 oz	250 g	Onion, small dice
4 oz	125 g	Green pepper, small dice
2 tsp	10 mL	Garlic, chopped
1 tsp	5 mL	Ground coriander
¼ tsp	1 mL	Cayenne
2 lb	1 kg	Tomatoes, canned or fresh, with their juice, chopped
1 qt	1 L	Chicken stock
1 lb	500 g	Corn kernels, fresh or frozen
to taste	to taste	Salt
to taste	to taste	Pepper
		Garnish:
8	8	Corn chips
4 fl oz	125 mL	Sour cream
2 oz	60 g	Grated cheddar cheese

Per serving: Calories, 190; Protein, 6 g; Fat, 10 g (43% cal.); Cholesterol, 20 mg; Carbohydrates, 24 g; Fiber, 5 g; Sodium, 270 mg.

PROCEDURE

1. Heat the oil in a soup pot and sauté the onion, green pepper, garlic, coriander, and cayenne until the onion is soft.
2. Add the tomatoes and stock. Bring to a boil and simmer about 20 minutes.
3. Add the corn and simmer another few minutes.
4. Season to taste with salt and pepper.
5. Immediately before serving, top each corn chip with a spoonful of sour cream. Place one chip in each bowl and top with a sprinkling of cheese.

VARIATIONS

Corn, Zucchini, and Tomato Soup

Add 8 oz (250 g) zucchini, in small dice, along with the corn in step 3.

Vegetarian Corn Chili Soup

Add 2 tbsp chili powder along with the coriander and cayenne. In place of chicken stock, use vegetable stock. For vegan diets, omit sour cream and cheese garnish.



Southwestern Corn and Tomato Soup

Seafood Gumbo

YIELD: 2½ QT (2.5 L) PORTIONS: 8 PORTION SIZE: 10 FL OZ (300 ML) PLUS 1½ OZ (45 G) RICE

U.S.	METRIC	INGREDIENTS
3 tbsp	45 g	Vegetable oil
3 oz	90 g	Onion, small dice
2 oz	60 g	Celery, small dice
2 oz	60 g	Green bell pepper, small dice
½ oz	15 g	Garlic, chopped fine
¾ tsp	3 mL	Dried thyme
¾ tsp	3 mL	Dried basil
½ tsp	2 mL	Dried oregano
1	1	Bay leaf
½ tsp	2 mL	Cayenne
½ tsp	2 mL	Black pepper
1 tsp	5 mL	Paprika
2 qt	2 L	Fish stock, hot
4 oz	125 g	Blond roux (p. 179)
5 oz	150 g	Canned tomatoes, chopped
8 oz	250 g	Okra, trimmed, cut into ¾-in. (2-cm) slices
8 oz	250 g	Small shrimp, peeled and deveined
8 oz	250 g	Lump crabmeat
1½ tsp	7 mL	Filé powder
to taste	to taste	Salt
12 oz	375 g	Cooked rice

PROCEDURE

1. Heat the oil in a stockpot or heavy soup pot. Add the onion, celery, green pepper, garlic, herbs, and spices. Cook over low heat until the vegetables are soft.
2. Add the stock. Bring the mixture to a boil.
3. Beat in the roux to thicken the soup.
4. Add the tomatoes. Simmer 10 minutes.
5. Add the okra. Simmer until the okra is tender, about 10–15 minutes more.
6. Add the shrimp and crabmeat. Simmer 10 minutes.
7. Sprinkle the filé powder over the soup and stir it in. Simmer another 2 minutes.
8. Remove from heat and season to taste with salt.
9. To serve, spoon about 1½ oz (45 g) cooked rice into a soup bowl. Ladle 10 fl oz (300 mL) soup over the rice.

Per serving: Calories, 290; Protein, 18 g; Fat, 14 g (44% cal.); Cholesterol, 80 mg; Carbohydrates, 22 g; Fiber, 2 g; Sodium, 580 mg.

VARIATIONS

Substitute diced white fish fillets (such as grouper, snapper, or monkfish) for part of the crabmeat. Add 6 oz (180 g) shucked oysters.

Chicken and Andouille Gumbo

Substitute chicken stock for fish stock. Omit the shrimp and crabmeat. Instead, use 12 oz (375 g) diced raw chicken meat and 4 oz (125 g) sliced andouille sausage. Brown the chicken in oil, and add the chicken and sausage in step 6. Simmer until chicken is completely cooked.



Seafood Gumbo

Chinese Hot and Sour Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
8	8	Dried black mushrooms
16	16	Dried cloud ear (tree ear) mushrooms
as needed	as needed	Boiling water
2½ qt	2.5 L	Chicken stock
8 oz	250 g	Lean pork, cut julienne (see *Note*)
6 oz	180 g	Bamboo shoots, cut julienne
3 fl oz	80 g	Soy sauce
2 tsp	10 mL	White pepper
8 tbsp	120 mL	Cornstarch
8 fl oz	250 mL	Cold water
3 fl oz	90 mL	Rice vinegar or wine vinegar
2 tsp	10 mL	Oriental sesame oil
2	2	Eggs, lightly beaten
1	1	Scallion, sliced thin
2 tbsp	30 mL	Cilantro, chopped

PROCEDURE

1. Place the two types of dried mushroom in separate bowls. Add enough boiling water to each to cover mushrooms. Let stand until soft.
2. Drain the mushrooms, squeezing them lightly. Reserve the soaking liquid.
3. Cut off and discard the stems from the black mushrooms. Cut the caps into thin strips.
4. Cut off any coarse, woody stems from the cloud ear mushrooms. Cut the mushrooms into ½-inch (1-cm) pieces.
5. Combine the stock and the mushroom liquid in a saucepot. Bring to a boil.
6. Add the mushrooms, pork, bamboo shoots, soy sauce, and white pepper.
7. Simmer 3 minutes.
8. Mix the cornstarch with the cold water until smooth.
9. Add the cornstarch mixture to the simmering soup, stirring constantly.
10. Simmer until the soup is lightly thickened.
11. Add the vinegar and sesame oil to soup.
12. Slowly drizzle in the beaten egg, stirring slowly but constantly so that the egg coagulates in thin shreds.
13. At service time, top each portion with a few slices of scallion and a pinch of chopped cilantro.

Per serving: Calories, 170; Protein, 11 g; Fat, 5 g (27% cal.); Carbohydrates, 20 g; Cholesterol, 50 mg; Fiber, 5 g; Sodium, 710 mg.

Note: To cut raw pork into julienne more easily, partially freeze it first.



Chinese Hot and Sour Soup

Tortilla Soup

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML) BROTH PLUS GARNISH

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Tomatoes, whole, ripe
12 oz	375 g	Onion, chopped
1½ tbsp	22 mL	Garlic, chopped
1 fl oz	30 mL	Vegetable oil
3 qt	3 L	Chicken stock or broth
to taste	to taste	Salt
		Garnishes in the soup:
1 lb	500 g	Fresh, mild cheese, such as Mexican queso fresco or cotija, or Monterey jack, crumbled or grated
12	12	Corn tortillas, cut into strips ¼ in. (6 mm) wide and deep-fried until crisp
as desired	as desired	Garnishes served separately:
		Dried pasilla chiles, fried crisp and crumbled
		Lime wedges
		Avocado, diced
		Sour cream or Mexican crema

Per serving: Calories, 250; Protein, 13 g; Fat, 10 g (37% cal.); Cholesterol, 20 mg; Carbohydrates, 26 g; Fiber, 2 g; Sodium, 440 mg.

VARIATION

For a heartier soup with more protein, add about 2 oz (60 g) cooked, shredded chicken per portion.

PROCEDURE

1. Place the tomatoes on a foil-lined pan and place under a preheated broiler. Broil until softened and the skins are blistered and blackened.
2. Peel and core the tomatoes.
3. Purée the tomatoes, onion, and garlic together in a food processor.
4. Heat the oil in a heavy saucepot over moderately high heat.
5. Add the tomato mixture. Cook, stirring frequently, until the mixture is thick and several shades darker in color.
6. Add the stock or broth, stirring to make a smooth mixture. Simmer 30 minutes.
7. Season to taste with salt.
8. Place about 1½ oz (40 g) crumbled or grated cheese in the bottom of each soup bowl and top with tortilla strips.
9. Ladle the soup over the tortillas.
10. Serve immediately, with the remaining garnish on the side in small bowls.



Tortilla Soup

Pho Bo (Vietnamese Beef and Rice Noodle Soup)

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML) BROTH PLUS GARNISH

U.S.	METRIC	INGREDIENTS
3 qt	3 L	Beef broth
12 slices	12 slices	Fresh ginger root
3 stalks	3 stalks	Lemongrass, coarsely chopped
6 oz	180 g	Shallots, sliced thin
1	1	Cinnamon stick
3 fl oz	90 mL	Nuoc nam (Vietnamese fish sauce) or nam pla (Thai fish sauce)
to taste	to taste	Salt
1 lb 8 oz	750 g	Beef tenderloin or other tender beef steak
1 lb 8 oz	750 g	Rice sticks (p. 403)
		Garnishes
as desired	as desired	Shallots, sliced thin
as desired	as desired	Mung bean sprouts
as desired	as desired	Fresh mint leaves
as desired	as desired	Fresh cilantro leaves
as desired	as desired	Fresh red chiles, seeded and sliced thin
as desired	as desired	Lime wedges
as desired	as desired	Chile paste with garlic

PROCEDURE

1. Combine the broth, ginger, lemongrass, shallots, and cinnamon stick in a stockpot. Simmer 30 minutes.
2. Strain. Discard the solids.
3. Add the fish sauce.
4. Taste and add salt if necessary.
5. Partially freeze the beef to make it easier to slice.
6. Slice the beef into paper-thin slices.
7. Just before service, drop the rice sticks into boiling water. Return the water to a boil and drain immediately.
8. For service, return the broth to a boil.
9. Place each garnish in a separate bowl and arrange on the dining table.
10. Place the rice noodles in the bottom of the soup bowls and arrange 2 oz (60 g) beef slices on top of the noodles in each bowl.
11. Ladle 8 fl oz (250 mL) broth over the beef slices. The boiling broth cooks the beef in moments.
12. Allow guests to help themselves to garnishes to flavor soup as desired.

Per serving: Calories, 380; Protein, 23 g; Fat, 25 g (58% cal.); Cholesterol, 105 mg; Carbohydrates, 17 g; Fiber, 1 g; Sodium, 800 mg.

Pho (pronounce, fuh), is a popular food sold originally by street vendors in Vietnam, but its popularity has spread around the world. Its origins date back only to the early twentieth century. After the Vietnam War, immigrants from Vietnam carried the recipe to North America and elsewhere. Pho consists of a clear broth served in a bowl with rice noodles, usually a meat such as beef or chicken, and an assortment of fresh seasonings and herbs.



Pho Bo

Gazpacho

YIELD: 2½ QT (2.5 L) PORTIONS: 12 PORTION SIZE: 6 FL OZ (200 ML)

U.S.	METRIC	INGREDIENTS
2½ lb	1.2 kg	Tomatoes, peeled and chopped fine
1 lb	500 g	Cucumbers, peeled and chopped fine
8 oz	250 g	Onions, peeled and chopped fine
4 oz	125 g	Green bell peppers, seeded and chopped fine
½ tsp	2 mL	Crushed garlic
2 oz	60 g	Fresh white bread crumbs
1 pt	500 mL	Water or tomato juice, cold
3 fl oz	90 mL	Red wine vinegar
4 fl oz	125 mL	Olive oil
to taste	to taste	Salt
to taste	to taste	Pepper
to taste	to taste	Cayenne or hot red pepper sauce
to taste	to taste	Lemon juice or vinegar
		Garnish:
2 oz	60 g	Onion, small dice
2 oz	60 g	Cucumber, small dice
2 oz	60 g	Green pepper, small dice

Per serving: Calories, 130; Protein, 2 g; Fat, 10 g (63% cal.); Cholesterol, 0 mg; Carbohydrates, 11 g; Fiber, 2 g; Sodium, 36 mg.

PROCEDURE

1. If a blender is available, combine all ingredients in the blender and process until liquefied.
2. If a blender is not available, combine all ingredients except olive oil. Pass through a food mill. If a smoother soup is desired, then pass through a fine sieve. Rub the solids through the sieve to purée them. Place the mixture in a stainless-steel bowl. Using a wire whip, slowly beat in the olive oil.
3. Add salt, pepper, and cayenne or pepper sauce to taste.
4. If necessary, adjust tartness by adding a little lemon juice or vinegar.
5. Chill the soup thoroughly.
6. Combine garnish ingredients in a small bowl or bain-marie.
7. At service time, ladle 6 oz (200 mL) gazpacho into chilled soup cups. Top with 1–2 tbsp (15–30 g) diced vegetable garnish. If desired, gazpacho may be served with ice cubes.



Gazpacho

Minestrone

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
2 fl oz	60 mL	Olive oil
8 oz	250 g	Onions, sliced thin
4 oz	125 g	Celery, small dice
4 oz	125 g	Carrots, small dice
1 tsp	5 mL	Garlic, chopped
4 oz	125 g	Green cabbage, shredded (see p. 298 for technique)
4 oz	125 g	Zucchini, medium dice
8 oz	250 g	Canned tomatoes, crushed
2½ qt	2.5 L	White stock
½ tsp	2 mL	Dried basil
3 oz	90 g	Small macaroni, such as ditalini
12 oz	375 g	Drained, canned cannellini or other white beans (2 No. 2 cans)
2 tbsp	30 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Parmesan cheese, grated

PROCEDURE

1. Heat the oil in a heavy pot over medium heat.
2. Add the onions, celery, carrots, and garlic. Sweat them in the oil until almost tender. Do not brown.
3. Add the cabbage and zucchini. Stir to mix the vegetables. Continue to sweat another 5 minutes.
4. Add the tomatoes, stock, and basil. Bring to a boil, reduce heat, and simmer until the vegetables are almost cooked. (Do not overcook. The soup will continue to cook when the pasta is added.)
5. Add the pasta and continue to simmer the soup until the pasta is cooked. (Alternatively, cook pasta separately and add to the soup just before serving.)
6. Add the beans and return soup to a boil.
7. Add the parsley. Season to taste with salt and pepper.
8. Just before service, top with the parmesan cheese, or serve cheese separately.

Per serving: Calories, 150; Protein, 7 g, Fat, 7 g (40% cal.); Cholesterol, 10 mg; Carbohydrates, 17 g; Fiber, 3 g; Sodium, 200 mg.



Minestrone

Scotch Broth

YIELD: 3 QT (3 L) PORTIONS: 12 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
3 qt	3 L	White lamb stock
2 oz	60 g	Barley
12 oz	375 g	Lean, boneless lamb shoulder or shank, cut in small dice
2 oz	60 g	Butter
6 oz	180 g	Onions, cut brunoise
4 oz	125 g	Carrots, cut brunoise
4 oz	125 g	Celery, cut brunoise
2 oz	60 g	Leeks, cut brunoise
2 oz	60 g	Turnips, cut brunoise
to taste	to taste	Salt
to taste	to taste	White pepper
as needed	as needed	Chopped parsley

PROCEDURE

1. Bring ½ qt (500 mL) of the stock to a boil in a saucepan.
2. Add the barley and cover the pan. Simmer until tender.
3. Bring the remaining 2½ qt (2.5 L) stock to a boil in another pot.
4. Add the lamb and cover the pot. Simmer until the meat is almost tender.
5. Heat the butter in a heavy pot over medium heat. Add the vegetables and sweat until nearly tender.
6. Add the lamb and stock from step 4. Simmer until the meat and vegetables are tender.
7. Add the cooked barley and stock from step 2. Simmer about 5 minutes, or until the flavors are well blended.
8. Season to taste with salt and pepper.
9. At serving time, sprinkle each portion with a little chopped parsley.

Per serving: Calories, 120; Protein, 8 g; Fat, 7 g (51% cal.); Cholesterol, 50 mg; Carbohydrates, 7 g; Fiber, 2 g; Sodium, 80 mg.

Caldo Verde

YIELD: 2½ QT (2.4 L) PORTIONS: 8 PORTION SIZE: 10 FL OZ (300 ML)

U.S.	METRIC	INGREDIENTS
1 fl oz	30 mL	Olive oil
6 oz	180 g	Onion, chopped fine
1 clove	1 clove	Garlic, chopped fine
2 lb	900 g	Potatoes, peeled and sliced
2 qt	2 L	Water
8 oz	225 g	Hard, spicy garlic sausage (see *Note*)
to taste	to taste	Salt
to taste	to taste	Pepper
1 lb	450 g	Kale

PROCEDURE

1. Heat oil in a soup pot. Add the onion and garlic. Cook slowly until soft, but do not brown.
2. Add the potatoes and water. Simmer until the potatoes are very tender.
3. Purée the soup or, for a coarser texture, simply mash it in the pot.
4. Cut the sausage into thin slices. Heat it slowly in a sauté pan to cook off some of the fat. Drain.
5. Add the sausage to the soup. Simmer 5 minutes. Season to taste.
6. Remove the hard center ribs from the kale. Shred the leaves as fine as possible, about as thin as threads.
7. Add to the soup. Simmer 5 minutes. Check the seasoning.
8. This soup should be accompanied by chunks of coarse peasant bread.

Per serving: Calories, 270; Protein, 10 g; Fat, 15 g (48% cal.); Cholesterol, 25 mg; Carbohydrates, 26 g; Fiber, 3 g; Sodium, 370 mg.

Note: Because authentic Portuguese *chouriço* sausage is not widely available, you may substitute Spanish *chorizo* or Italian pepperoni.



Caldo Verde

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Borscht
Chilled Tomato and Basil Soup
Chilled Tomato Soup with Moroccan Spices
Ecuadorian Quinoa and Peanut Soup
Honeydew Melon Soup
Japanese Clear Soup with Shrimp
Mediterranean Tomato and Bean Soup
Mulligatawny Soup
Red Lentil and Apricot Soup
Summer Vegetable and Smoked Tomato Soup
Zuppa di Ceci e Riso

TERMS FOR REVIEW

clear soup
vegetable soup
consommé
cream soup
purée soup
bisque
chowder
coagulation
clearmeat
clarification
raft

QUESTIONS FOR DISCUSSION

1. You have 3 gallons (12 L) vegetable soup in the walk-in, prepared by a cook on the morning shift. You are going to serve the soup this evening, and your dinner service lasts from 6 until 10 P.M. How should you prepare the soup for service?
2. What are the most important characteristics of a good consommé?
3. Why is it important not to boil consommé during clarification?
4. What is the function of egg whites in clearmeat? mirepoix? tomato product?
5. In what order would you add the following items to a vegetable soup during cooking?

Carrots	Shredded cabbage	Tomatoes
Barley	Diced cooked beef	

6. Using Method 1 or 2, describe how you would prepare cream of watercress soup.