

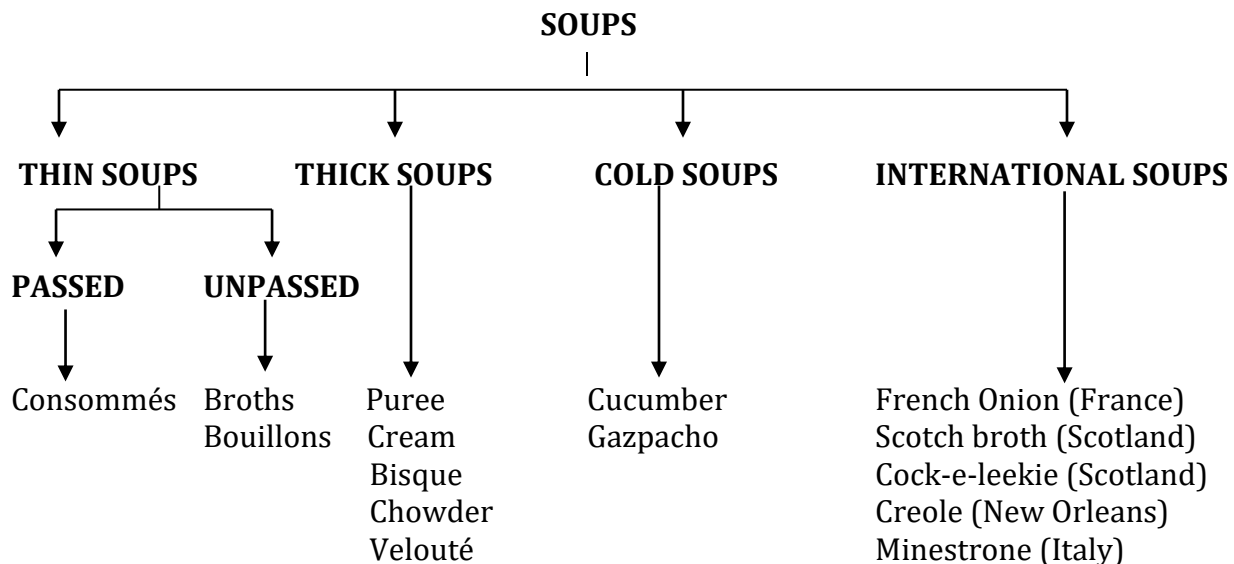
The popularity of soups today may be due to increased nutrition consciousness, to a desire for simpler or lighter meals, or to an increased appreciation of how appetizing and satisfying soups can be. Whatever the reasons, they emphasize the importance of soup making skills.

### 2.1 Aim / Principles of Soup Making

The basic aim is to prepare an appetizing, economical and easily digestible dish by extracting nourishment and flavour from the solid to the liquid. It is probable that soup in its earliest form was a complete meal because it was found hearty, nourishing and wholesome. Soup is a liquid food consisting of meat, seafood, vegetables, cereals or poultry. They play an important role on the menu and are regarded as appetizers as they stimulate the appetite for the heavier foods to follow. On the menu, they are served as the first course, if hors d'oeuvres are not being served.

Stock is the foundation of all good soups. Stock is made by putting solid food into cold water and by a long slow process of extracting the nourishment into the liquid. The best stocks are made from meat and bones together, e.g. white consommé. Since this is expensive for household purposes or institutional feeding, bones and leftovers are used.

### 2.2 Classification of soups



Convenience Soups can also be a part of this table as this is now readily available in the market.

It is probable that soup in its earliest form was a complete meal because it was found hearty, nourishing, economical and wholesome.

Soup is a liquid food that contains meat, seafood, vegetables, cereals or poultry. They play an important role on the menu and are regarded as appetizers as they stimulate the appetite for the heavier food to follow. On the menu, they are served as the first course, if hors d'oeuvres are not being served. If hors d'oeuvres is served then soup is served as the second course.

## THIN SOUPS

Most of the thin soups are clear, flavored nutritious liquids and are prepared without the use of starch. The soup is a thin liquid with garnish or with small, dainty cut food items floating in it. Some of the consommés are slightly thickened with tapioca.

**Consommé:** Comes from the word "consummate", which means to bring to completion or perfect. It is a strongly flavored, clarified soup. Its flavor is heightened by the addition of meat, poultry and seasonings. Consommés are varied and the soup gets its name from the additional ingredients that are added to the consommé. Sometimes it is named after historical figures, people or events in the form of accompanying garnish.

Consommés should be sparkling clear and well flavored and they are varied. They can be served hot or cold.

### Recipe for Consommé (1 liter)

Minced meat	225 gm.	Onions	70 gm.
Carrots	50 gm.	Turnips	30 gm.
Stock	1.5 l.	Egg whites	2 no.
Celery	40 gm.	Thyme	¼ tsp.
Bay leaf	½ no.	Peppercorns	3 no.

#### Method:

Mix minced meat and chopped onions, carrots, turnips, celery and mix well with egg whites. Add cold stock, thyme, bay leaf and peppercorns. Place on fire, go on stirring so that the ingredients do not stick to the bottom of the pan and the particles are suspended. When the mixture starts boiling, lower the temperature and let it simmer until the coagulated mass (raft) comes to the top. Simmer for 1-½ hours.

When consommé is clear and tasty, strain through a double muslin cloth. Add seasoning.

*N.B. beef stock is good for consommé as it is full of flavor and has body.*

Some Consommés

**Alexandra:** chicken consommé thickened with tapioca garnished with juliennes of chicken, quenelles and shredded lettuce.

**Andalouse:** Consommé blended with tomato puree garnished with dices of Royale and dices of tomato, juliennes of ham, boiled rice + vermicelli and threaded eggs.

**Bretonne:** Consommé garnished with juliennes of leeks, celery, onions, mushrooms and chervil shreds

**Brunoise:** Consommé garnished with small cubes of carrots, turnips, celery, leeks, peas and chervil.

**Carmen:** Consommé garnished with tomato puree and capsicum garnished with juliennes of tomato, capsicum, rice and chervil shreds.

**Celestine:** Consommé lightly thickened with tapioca and garnished with julienne of crepes mixed with chopped truffles or herbs.

**Chasseur:** Game consommé garnished with juliennes of mushrooms and game quenelles or profiteroles stuffed with game puree.

**Colbert:** Consommé garnished with Printaniere of vegetables and small-poached eggs.

**Diplomate:** Chicken consommé lightly thickened with tapioca and garnished with juliennes of truffles and roundels of chicken forcemeat blended with crayfish butter.

**Grimaldi:** Consommé clarified with fresh tomato puree, garnished with dice of royale and juliennes of celery.

**Julienne:** Consommé garnished with juliennes of carrots, leeks, turnips, celery and cabbage plus green peas and chiffonade of sorrel and chervil.

**Mikado:** Chicken consommé with tomato flavor, garnished with dice of tomato and chicken.

**Printanier:** Consommé garnished with balls of carrots and turnips, peas and chervil.

**Royale:** Chicken consommé garnished with cubes of custard.

### **Consommé variations with garnishes**

#### **Garnishes**

#### **Ingredients**

Breton	juliennes of celery, onion. and leeks.
Brunnoise	small-diced vegetables.
Dubarry	floweret's of cauliflower.
Florentine	juliennes (strips) of blanched spinach.
Julienne	juliennes of cut vegetables (3 cm strips).
Madrilène	tomato dices and green peas.
Paysanne	uniform size cut fresh vegetables
Printaniere	mix fresh spring vegetables, cut in small dices.
St. Germain	fresh green peas
Celestine	julienne of thin pancakes.
Cereals	rice and barley.
Diablotin	diamonds of cheese biscuits.
Egg drops	pour into boiling consommé, beaten egg.
Royal	dices of savory egg custard.
Tapioca	pearls of tapioca.
Vermicelli	fine noodles.

Consommés could be named by the garnishes used.

**Bouillon and Broths** are terms that are interchangeable and practically mean the same. They are unpassed soups.

**Bouillon** comes from the word (boil). It has more pronounced strong meaty flavor and is clear soup with pieces of vegetables, meat, sea food, etc. floating in the soup.

**Broths** are similar to bouillons but the liquid is a little cloudy and contains all types of vegetables, meat, chicken, etc. These should be cut into regular shapes, floating in the soup. The broths have usually cheaper cuts of meat, such as the scrag end of mutton, fowls. Some of the popular broths are Scotch broth, mutton broth, chicken broth, petite marmite, soup bonne-femme, Soup paysanne and potage fermiere.

### **THICK SOUPS**

They are passed thick soups and in this category are purees, cream, veloute, bisques and chowders.

**Purees:** - starchy vegetables like potatoes and legumes or cereals when pureed in soups,. Usually act as self-thickeners and need no further thickening ingredients. Many vegetables like carrot, pumpkins, peas, leafy vegetables need a thickening agent, as their own purees

do not cohere. These soups are served with fried golden brown croutons. Some examples are as below: -

- Compiègne puree of white rajma (haricot beans).
- Conde puree of red kidney beans with red wine
- Grecque puree of green peas
- Lamballe  $\frac{1}{2}$  of fresh peas puree and half tapioca puree

### ***Cream soups:*** -

They are composed of a puree of vegetables, fish, poultry or meat, thickened with béchamel sauce or given a cream finish. Milk is used to dilute and achieve correct consistency.

Various cream soups are: -

- Cream of Germaine.
- Cream of tomato.
- Cream of argenteuil (asparagus).
- Cream of mushroom soup.
- Cream of chicken soup.
- Cream of lentil soup.

### ***Velouté:***-

Veloutes as soups are similar to other veloutes, but differ from purees, as they require a thickening element and a roux. Velouté is prepared by roux, adding stocks and the pureed vegetable or meat and hot milk is blended in, to produce a smooth soup. Generally proportions for a veloute soup are half basic veloute,  $\frac{1}{4}$  puree (main ingredients characterizing the soup),  $\frac{1}{4}$  stock or white consommé used to dilute the mixture of puree and veloute to the correct consistency. Finishing of veloutes is done by a liaison, i.e. cream and egg yolks, as it enhances the taste and texture. Examples of veloutes are:

- Chicken veloute.
- Almond veloute.
- Celery veloute.

### ***Bisques:***-

These are shell fish puree soups, thickened with rice or cream. It is a slightly thick rice cream type of soup with small particles of cooked shellfish floating in it, to add flavor and color. A small amount of wine is added to enhance the flavor. Examples of bisques are: Crayfish bisque and lobster bisque.

### ***Chowders:*** -

These are originated from America. They are thick heavy soups, owing their consistency to potatoes. Chowders consist of potatoes, onions, and pieces of bacon, various seasonings and seafood. They can be milk or tomato based. Crackers are generally added just before serving. Examples of chowders are:-

- Clam chowder
- Seafood chowder
- Oyster chowder.

***Coulis:*** -

This is a term used for thick soups made with a puree of shellfish. Sometimes the term is also used for liquid purees for example: Purees of fruits, vegetables, chicken etc.

**COLD SOUPS**

Chilled soups include those that are jellied by the natural gelatin in the meat stock or by addition of gelatin powder or those that are thickened with starch or puree. Cold consommé Madrilène is popular. Vichyssoise is a rich cream of potato soup, which is served cold and garnished with chopped chives. Borscht can be served cold or hot. Andalous gazpacho is a refreshing tomato and cucumber soup with a garnish of thin strips of pimentos, cumin seeds for flavor accompanied with croutons. Cold soups have become so popular that summer menus are incomplete without it.

**INTERNATIONAL SOUPS**

There are many varieties, cold or hot, thin or thick soups. They have been placed in special category, as they have different origins. There are certain soups that originated in a certain locality and are associated with that particular place. In some cases, these soups have a great tradition, as the New England clam chowder, helped the early colonists to survive many winters. Crecy soup originated when nothing was available at the site of Battle of Crecy. The carrots were grown in that land and were taken and cooked. Most of the national soups are un-passed soups. Some of the international soups are as below:

<b><i>Name</i></b>	<b><i>Origin</i></b>
Minestrone	Italy
Green Turtle Soup	England
French Onion Soup and Petite Marmite	France
Scotch Broth and Cockie-Leekie	Scotland
Creole	New Orleans
Mulligatawny	India
Bortsch Polonais	Poland
Olla-podrida and Gazpacho	Spain
Manhattan clam chowder	America
Hotch Pot Flamanda	Belgium
Camaro	Brazil
Laberkroedel	Germany
Paprika	Hungary
Bouillabaise (salt water and shellfish stew)	France

**CONVENIENCE SOUPS**

These are marketed in dried, liquid or frozen form. They are available in many form and varieties. The soups are sold in cans, bottles or sachets. Some in ready to use forms, others in concentrated forms.

### **2.3 Classical Accompaniments and Garnishes for soups**

1. Croutons: dices or other shapes made from bread, toast, and pastry.
2. Profit roles: prepared from choux paste. They are miniature cream puffs, which may be filled or used plain.
3. Cereals: rice or barley.
4. Cheese: cheese balls, grated Parmesan serves with croutons on one side.
5. Cream: unsweetened whipped cream or sour cream.
6. Meats: usually small dices or juliennes.
7. Seafood: diced or flaked (Large enough to distinguish)
8. Pastas: noodles, spaghetti, other pasta products such as star letters, cornets, etc.
9. Vegetables: cut in various sizes, shapes – juliennes, round, slices, dices of sprig, printaniere vegetables.

### **Special points for service of soups and preparation of soups**

1. First class, clean, strong and flavorful stock should be used, as it would help in producing good quality soup.
2. If there is a heavy entrée, the soup should be thin or light.
3. If a heavy soup is served, the portion should be small
4. The soup should not in any way be filling or consist of food particles that require much chewing.
5. Garnish should be small and dainty, so that they can be picked up easily by a soup spoon.
6. Soup should be moderately seasoned.
7. Serve hot soups piping hot, and cold soups c=very cold.
8. A little sugar should be added to tone the acidity of the soup, before mixing cream as it prevents curdling.
9. Consommé should be amber in color.
10. Accompaniments of soups should be of crisp character. Example Melba toast, various crackers, bread sticks, cheese croutons, bread rolls etc.