

Chapter 9

FOOD SERVICE INDUSTRY SANITATION AND SAFETY TOOLS AND EQUIPMENT BASIC PRINCIPLES OF FOOD SCIENCE MANAGEMENT NUTRITION MISE EN PLACE STOCKS AND SAUCES SOUPS UNDERSTANDING GAME UNDERSTANDING POULTRY AND GAME BIRDS COOKING POULTRY AND GAME BIRDS UNDERSTANDING FISH AND SHELLFISH COOKING FISH AND SHELLFISH UNDERSTAND



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 Chapter 8, 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 three basic categories of soups.
2. Identify standard appetizer and main-course portion sizes for soups.
3. State the procedures for holding soups for service and for serving soups at the proper temperature.
4. Prepare clarified consommé.
5. Prepare vegetable soups and other clear soups.
6. Prepare cream soups.
7. Prepare purée soups.
8. Prepare bisques, chowders, specialty soups, and national soups.

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

Soups can be divided into three basic categories: clear or unthickened soups, thick soups, and special soups that don't fit the 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. 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 227.
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. *Purées* 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.

5. **Potage** is a term sometimes associated with thick, hearty soups, but it is actually a general term for soup. A clear soup is called a *potage clair* in French.

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 of them 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 682. 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 to 8 oz (200 to 250 mL)

Main course portion: 10 to 12 oz (300 to 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 [$\frac{3}{8}$ -inch (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 (parsley, chives), chopped	Croutons
Fine julienne of vegetables	Grated parmesan cheese
Sliced almonds, toasted	Crumbled bacon
Grated cheese	Paprika
Sieved egg yolks	Flavored butters
Chopped or riced egg whites	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	Cheese straws
Corn chips	Whole-grain wafers
Breadsticks	
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. 345) and for “Boiled” Fowl (p. 420) 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. 345), 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.

Beef Broth

YIELD: 6 QT (6 L)

U. S.	METRIC	INGREDIENTS	PROCEDURE
10 lb	5 kg	Beef: shank, chuck, oxtail, short ribs, or mixed trimmings, or a mixture of these	1. In a stockpot, brown beef in the first quantity of oil.
2 fl oz	60 mL	Vegetable oil	2. Add water or stock and bring to a simmer. Skim the surface to remove any froth or scum.
2 gal	8 L	Water, beef stock, or remouillage (p. 168)	3. Continue to simmer 2 hours.
		Mirepoix:	4. Brown the mirepoix in the second quantity of oil.
1 lb	500 g	Onion, chopped	5. Add the mirepoix and tomatoes to the stockpot.
8 oz	250 g	Carrots, chopped	6. With a little water, deglaze the pan used to brown the mirepoix and add liquid to the stockpot.
8 oz	250 g	Celery, chopped	7. Continue to simmer an additional 30 minutes.
1 fl oz	30 mL	Vegetable oil	
8 oz	250 g	Tomatoes, canned or fresh	
		Sachet:	8. Add the sachet. Simmer an additional 30–45 minutes.
1	1	Bay leaf	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.
¼ tsp	1 mL	Dried thyme	10. To serve as a soup, season and garnish to taste.
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	

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

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 232.

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

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, quite frankly, it’s 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, on the other hand, we are not careful, 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.

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 to 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 altogether. 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 stock-making.
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.

Figure 9.1 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.

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 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	PROCEDURE
1 lb	500 g	Lean beef, preferably shin, ground Mirepoix, chopped into small pieces:	<ol style="list-style-type: none"> 1. Review the information on preparing consommé, page 229. 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.
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)	<ol style="list-style-type: none"> 3. Add about 1 pint (500 mL) cold stock and stir well. Let stand about 30 minutes. (Optional step: see p. 229 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 1½ 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.
<p>Per serving: Calories, 30; Protein, 3 g; Fat, 1 g (31% cal.); Cholesterol, 15 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 75 mg.</p>			
<p>VARIATIONS</p> <p>Double Consommé Use twice the quantity of beef in basic recipe. Add 8 oz (250 g) leeks to mirepoix.</p> <p style="text-align: right;"><i>(Variations continue on next page)</i></p>			

VARIATIONS (continued)**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 jellied, 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 jellied soup, the higher quantity for a fully jellied 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 jellied and syrupy when cold, add ½–1 oz (15–30 g) gelatin per gallon (4 L).
3. If stock is jellied 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 755 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 143 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. Whip 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. 219) around one side of the mound. On the other side, spoon a mound of Parmesan Foam (p. 220). Garnish the fettuccine with a few small, whole basil leaves.

MOLECULAR SOUP

One of the ways chefs working in molecular gastronomy (see page 79) 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 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.

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.

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. Cooking vegetables slowly in a little butter before combining with liquid improves their flavor 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. Some vegetables, like tomatoes, should be added to the hot soup only 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 already have done this when you made the stock! Vegetables in soup should be no more overcooked than vegetable side dishes, especially as the soup will probably spend a longer time in the steam table.



Clear Vegetable Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	125 g	Butter or chicken fat	1. Heat the butter in a heavy saucepot over medium-low heat.
1½ lb	750 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.
1 lb	500 g	Carrots, small dice	
1 lb	500 g	Celery, small dice	
12 oz	375 g	Turnip, small dice	
6 qt	6 L	Chicken stock	3. Add the stock. Bring to a boil and skim carefully. Simmer until vegetables are just barely tender.
1 lb	500 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	
12 oz	375 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* (see p. 143).

Vegetable Rice Soup

Add 1½–2 cups (350–500 mL) cooked rice to finished soup.

Chicken Vegetable Rice Soup

Add 12 oz (375 g) cooked, diced chicken to vegetable rice soup.

Vegetable Beef Soup

Use beef stock instead of chicken stock. Add 12 oz (375 g) cooked, diced beef when the tomatoes are added. Also, add the juice from the tomatoes.

Vegetable Beef Barley Soup

Add 1½–2 cups (350–500 mL) cooked barley to vegetable beef soup.



Clear Vegetable Soup with Cranberry Beans

Piquant Vegetable Soup with Chickpeas

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 fl oz	60 mL	Vegetable oil	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.
1½ lb	625 g	Red onion, small dice	
1 tbs	15 mL	Garlic, chopped	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.
1 lb	500 g	Green bell pepper, small dice	
2–4 oz	60–125 g	Jalapeño or other green chile, cut brunoise	7. To serve, ladle a portion into soup plates and sprinkle with grated cheese and a little cilantro.
5 qt	5 L	Chicken stock or vegetable stock	
1½ lb	625 g	Tomatoes, peeled, seeded, and chopped	VARIATION Piquant Vegetable Soup with Roasted Garlic Roast 1 head of garlic, as explained on page 592. Separate and peel the cloves. Add to soup in step 4.
1½ lb	625 g	Cooked chickpeas	
8 oz	250 g	Corn kernels, frozen or fresh	8. Per serving: Calories, 160; Protein, 8 g; Fat, 8 g (45% cal.); Cholesterol, 20 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 105 mg.
8 oz	250 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:	
12 oz	375 g	Grated cheddar cheese	
½ cup	75 mL	Chopped cilantro or whole cilantro leaves	

Mushroom Barley Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250 g	Barley	1. Cook the barley in boiling water until tender. Drain.
10 oz	300 g	Onion, cut brunoise	
5 oz	150 g	Carrot, cut brunoise	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.
5 oz	150 g	White turnip, cut brunoise	
2 oz	60 g	Butter or chicken fat	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.
5 qt	5 L	Chicken stock	
2 lb	1 kg	Mushrooms, diced	
4 oz	125 g	Butter or chicken fat	
to taste	to taste	Salt	
to taste	to taste	White pepper	
		8. Per serving: Calories, 60; Protein, 3 g; Fat, 1 g (15% cal.); Cholesterol, 20 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 75 mg.	

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.

KEY POINTS TO REVIEW

- What are the three 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?

Chicken Noodle Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
10 oz	300 g	Egg noodles
10 oz	300 g	Cooked chicken meat (see Note)
6 qt	6 L	Chicken stock
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Cook noodles in boiling, salted water. (See Procedure for Cooking Pasta, p. 661.) 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.

as desired as desired 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 13 (p. 420) 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 10 oz (300 g) diced carrots and 5 oz (150 g) diced celery in the stock until tender.

Brunswick Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
10 oz	300 g	Onions, small dice
1 oz	30 g	Butter or oil
5 qt	5 L	Chicken stock
1¼ lb	600 g	Tomato concassé
1¼ lb	600 g	Lima beans, frozen
1¼ lb	600 g	Okra, fresh or frozen, cut in ¼-in. (½-cm) pieces
1 lb	475 g	Corn, frozen
1¼ lb	600 g	Cooked chicken meat and giblets, small dice
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. In a heavy pot, sweat the onions in the butter until about half cooked. Do not brown.
2. Add the chicken stock and bring to a boil. Simmer about 10 minutes.
3. Add the remaining vegetables and the chicken. Simmer until vegetables are tender, about 10–15 minutes.
4. Season to taste with salt and white pepper.

Per serving: Calories, 120; Protein, 10 g; Fat, 3 g (23% cal.); Cholesterol, 40 mg; Carbohydrates, 13 g; Fiber, 3 g; Sodium, 45 mg.

Chicken Tomato Bouillon with Pesto

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
6 qt	6 L	Chicken stock
2 qt	2 L	Tomato juice
8 oz	250 g	Celery, chopped
8 oz	250 g	Onion, chopped
1½ tsp	7 mL	Dried basil
½ tsp	2 mL	Dried thyme
to taste	to taste	Salt
to taste	to taste	Pepper
pinch	pinch	Sugar
<hr/>		
12 fl oz	375 mL	Pesto (p. 669) thinned with olive oil

Per serving: Calories, 210; Protein, 3 g; Fat 21 g (87% cal.); Cholesterol, 10 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 410 mg.

VARIATIONS

Chicken Tomato Bouillon with Rice

Add 2 cups (500 mL) cooked rice at service time.

Cold Chicken Tomato Bouillon

Chill the soup and add a few drops of lemon juice to taste. Serve each portion with a spoonful of sour cream.

PROCEDURE

1. Place the stock, juice, celery, onion, basil, and thyme in a saucepot. Bring to a boil.
2. Simmer about 45 minutes, until vegetables are soft and flavors are well blended.
3. Strain and season with salt, pepper, and a pinch of sugar.

4. Garnish each portion with 1 tbsp (15 mL) pesto lightly swirled into the soup.



Chicken Tomato Bouillon with Pesto

Oxtail Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
6 lb	2.7 kg	Oxtails	<ol style="list-style-type: none"> Using a heavy chef's knife, cut the oxtails into sections at the joints. 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. Place the oxtails and mirepoix in a stockpot with the stock. 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. Bring to a boil. Reduce heat to a simmer and skim well. Add the sachet. Simmer until the meat is tender, about 3 hours. Add a little water if necessary during cooking to keep the meat completely covered. 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. Strain the broth. Degrease carefully. Sweat the carrots, turnips, and leeks in the butter until about half cooked. Add the broth. Simmer until vegetables are tender. Add the tomatoes and reserved oxtail meat. Simmer another minute. Add the sherry, if desired. Season to taste with salt and pepper.
		Mirepoix:	
10 oz	300 g	Onion, medium dice	
5 oz	150 g	Carrot, medium dice	
5 oz	150 g	Celery, medium dice	
6 qt	6 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	
1¼ lb	600 g	Carrots, small dice	<p>VARIATION</p> <p>Oxtail soup is often clarified. Chill broth after step 7 and clarify like consommé. See page 229 for procedure.</p>
1¼ lb	600 g	White turnips, small dice	
10 oz	300 g	Leeks, white part only, cut julienne	
4 oz	125 g	Butter	
10 oz	300 g	Tomatoes (canned), drained, coarsely chopped	
2 fl oz	60 mL	Sherry (optional)	
to taste	to taste	Salt	
to taste	to taste	Pepper	
<p>Per serving: Calories, 240; Protein, 24 g; Fat, 11 g (45% cal.); Cholesterol, 90 mg; Carbohydrates, 6 g; Fiber, 2 g; Sodium, 220 mg.</p> <p>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.</p>			

THICK 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 8. 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 and creams.

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. Thickness.

About the consistency of heavy cream. Not too thick.

2. Texture.

Smooth; no graininess or lumps (except garnish, of course).

3. Taste.

Distinct flavor of the main ingredient (asparagus in cream of asparagus, etc.). No starchy taste from uncooked roux.

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. 184) or Béchamel Sauce (p. 183), using roux.
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.
4. Skim any fat or scum carefully from the surface of the soup.
5. Purée the soup using a food mill (Figure 9.2) or an immersion blender (Figure 9.3), and then strain it through a fine china cap. Alternatively, just strain it through a fine china cap, pressing down hard on the solid ingredients to force out the liquid and some of the pulp. The soup should be very smooth.
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. 177) or heavy cream.

Method 2

1. Sweat vegetable ingredients (except tomatoes) in butter; 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.
3. Add white stock, beating with a whip as you slowly pour it in.
4. Add any vegetables, other solid ingredients, or flavorings that were not sautéed in step 1.
5. Simmer until all ingredients are tender.
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 or liaison.

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.

Figure 9.2 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 9.3 Using an immersion blender to purée a soup.

Cream of Celery Soup (Cream Soup Method 1)

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb 12 oz 3 oz	1.5 kg 375 g 90 g	Celery, small dice Onion, small dice Butter	1. Review cream soup guidelines and Method 1 (p. 239). 2. Sweat the celery and onions in the butter in a heavy saucepot until almost tender. Do not let them brown.
4½ qt	4.5 L	Velouté sauce, made with chicken or veal stock (see Note)	3. Add the velouté to the pot. Simmer until vegetables are very tender. 4. Skim any fat or scum from the soup. 5. Pass the soup through a food mill to purée it. 6. Pass the puréed soup through a fine china cap or cheesecloth.
3 pt to taste to taste	1.5 L to taste to taste	Milk or white stock, hot Salt White pepper	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.
3 cups 6 oz	750 ML 175 g	Heavy cream, hot (see Note) Optional garnish: Celery, cut julienne, cooked	10. At service time, add the cream. Add garnish if desired.

Per serving: Calories, 320; Protein, 5 g; Fat, 27 g (75% cal.); Cholesterol, 90 mg; Carbohydrates, 15 g; Fiber, 1 g; Sodium, 240 mg.

Note: Béchamel may be used in place of velouté if desired. This is often done for vegetarian menus.
The quantity of cream may be decreased as desired to reduce dietary fat.

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 3 lb (1.5 kg) asparagus stalks in place of celery. Optional garnish: cooked asparagus tips.

Cream of Broccoli

Use 3 lb (1.5 kg) broccoli in place of celery. Optional garnish: small cooked broccoli florets.

Cream of Carrot

Use 3 lb (1.5 kg) carrots in place of celery. Garnish: chopped parsley.

Cream of Cauliflower

Use 3 lb (1.5 kg) cauliflower in place of celery. Optional garnish: tiny cooked cauliflower florets.

Cream of Corn

Use 3 lb (1.5 kg) whole-kernel corn (fresh, frozen, or canned) in place of celery. Do not sweat the corn with the onions. Instead, sweat the onions alone, add velouté, then add corn. Garnish: corn kernels.

Cream of Cucumber

Use 3 lb (1.5 kg) peeled, seeded cucumber in place of celery. Optional garnish: small, diced, cooked cucumber.

Cream of Mushroom

Use 1½ lb (750 g) mushrooms in place of celery. Optional garnish: julienne, brunoise, or sliced cooked mushrooms.

Cream of Pea

Use 3 lb (1.5 kg) frozen green peas in place of celery. Do not sweat the peas with the onions. Add them after velouté is added.

Cream of Spinach

Use 3 lb (1.5 kg) fresh spinach or 2 lb (900 g) frozen spinach in place of celery. Do not sweat the spinach with the onion. Blanch it, drain well, and add to velouté in step 3.

Cream of Watercress

Use 1½ lb (750 g) watercress in place of celery.

Cream of Chicken

Reduce celery to 6 oz (175 g) and add 6 oz (175 g) carrot (note that, together with the onion, this makes 1½ lb [750 g] mirepoix). Use a velouté sauce made with a strong, flavorful chicken stock. After soup is strained, add 6 oz (175 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: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
12 oz	375 g	Butter	<ol style="list-style-type: none"> 1. Review cream soup guidelines and Method 2 (p. 239). 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.
12 oz	375 g	Onion, chopped fine	
1½ lb	750 g	Mushrooms, chopped	
9 oz	275 g	Flour	
4½ qt	4.5 L	White stock, chicken or veal, hot	<ol style="list-style-type: none"> 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. 9. Pass the puréed soup through a fine china cap or cheesecloth.
3 pt	1.5 L	Milk, hot	<ol style="list-style-type: none"> 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.
to taste	to taste	Salt	
to taste	to taste	White pepper	<ol style="list-style-type: none"> 13. At service time, add the cream. Add garnish, if desired.
3 cups	750 mL	Heavy cream, hot (see Note) Optional garnish:	
6 oz	175 g	Mushrooms, cut brunoise, sautéed in butter	

Per serving: Calories, 300; Protein, 5 g; Fat 25 g (75% cal.); Cholesterol, 85 mg; Carbohydrates, 14 g; Fiber, 1 g; Sodium, 170 mg.

Note: The quantity of cream may be decreased as desired to reduce dietary fat.

VARIATIONS, METHOD 2

For each variation, replace the mushrooms with the vegetable in quantity indicated. See Note to the variations for Cream of Celery Soup, page 240.

Cream of Asparagus

3 lb (1.5 kg) asparagus

Cream of Broccoli

3 lb (1.5 kg) broccoli

Cream of Carrot

3 lb (1.5 kg) carrots

Cream of Cauliflower

3 lb (1.5 kg) cauliflower

Cream of Celery

3 lb (1.5 kg) celery

Cream of Corn

3 lb (1.5 kg) whole-kernel corn

Cream of Cucumber

3 lb (1.5 kg) peeled, seeded cucumber

Cream of Green Pea

3 lb (1.5 kg) frozen peas. Add after step 5.

Cream of Spinach

3 lb (1.5 kg) fresh or 2 lb (900 g) frozen spinach. Blanch, drain, and add after step 5.

Cream of Watercress

1½ lb (750 g) watercress

Cream of Chicken

6 oz (175 g) celery and 6 oz (175 g) carrot. Use strong chicken stock. Add 6 oz (175 g) cooked chicken meat, cut into julienne or fine dice, to finished soup after straining.

Cream of Broccoli Soup (Cream Soup Method 3)

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE								
4½ qt 3 lb 12 oz	4.5 L 1.5 kg 375 g	White stock, chicken or veal Broccoli (fresh or frozen), chopped Onion, chopped fine	1. Bring the stock to a boil in a heavy saucepot. 2. Add broccoli and onion. (Optional: Vegetables may be sweated in butter first to develop flavors.) 3. Simmer until the vegetables are tender. Do not overcook, or the broccoli will lose its fresh green color.								
9 oz 9 oz	275 g 275 g	Butter, clarified Flour	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.) 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.								
3 pt to taste to taste	1.5 L to taste to taste	Milk, hot Salt White pepper	7. Add enough hot milk to bring the soup to proper consistency. 8. Heat the soup again, but do not let it boil. 9. Season to taste.								
3 cups 6 oz	750 mL 175 g	Heavy cream, hot (see Note) Optional garnish: Small broccoli florets, cooked	10. At service time, add the heavy cream. If desired, add garnish.								
<p>Per serving: Calories, 280; Protein, 6 g; Fat, 22 g (69% cal.); Cholesterol, 75 mg; Carbohydrates, 16 g; Fiber, 2 g; Sodium, 150 mg.</p> <p>Note: The quantity of cream may be decreased as desired to reduce dietary fat.</p>			<p>VARIATIONS, METHOD 3</p> <p>For other cream soups, replace the broccoli with 3 lb (1.5 kg) of any of the following:</p> <table border="0"> <tr> <td>Asparagus</td> <td>Carrots</td> <td>Cauliflower</td> <td>Celery</td> </tr> <tr> <td>Corn</td> <td>Green peas</td> <td>Spinach</td> <td></td> </tr> </table>	Asparagus	Carrots	Cauliflower	Celery	Corn	Green peas	Spinach	
Asparagus	Carrots	Cauliflower	Celery								
Corn	Green peas	Spinach									

Cream of Tomato Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	125 g	Salt pork, diced	<ol style="list-style-type: none"> 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.
4 oz	125 g	Onion, medium dice	
2 oz	60 g	Carrots, medium dice	
2 oz	60 g	Celery, medium dice	
2 oz	60 g	Flour	
3 qt	3 L	White stock	
2 lb	1 kg	Canned tomatoes	
2 lb	1 kg	Tomato purée	
		Sachet:	
1	1	Bay leaf	
pinch	pinch	Dried thyme	
1	1	Whole clove	
2	2	Peppercorns, crushed	
2 qt	2 L	Cream sauce, hot	<ol style="list-style-type: none"> 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.
to taste	to taste	Salt	
to taste	to taste	White pepper	
<p>Per serving: Calories, 210; Protein, 5 g; Fat, 15 g (64% cal.); Cholesterol, 45 mg; Carbohydrates, 14 g; Fiber, 1 g; Sodium, 230 mg.</p>			

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. 190) 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.

Wild Rice and Mushroom Soup

YIELD: 4 QT (4 L) PORTIONS: 16 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
¾ cup 18 fl oz	180 mL 540 mL	Wild rice, washed and drained Water	1. Combine the wild rice and water in a heavy saucepan. Bring to a boil. Reduce heat, cover tightly, and cook until tender. Reserve.
6 oz 6 oz 6 oz 4½ oz	180 g 180 g 180 g 135 g	Butter Onion, chopped fine Carrot, cut brunoise Flour	2. Heat the butter in a heavy saucepot over moderate heat. 3. Add the onion and carrot and cook slowly a few minutes, or until vegetables start to become tender. 4. Add the flour. Stir to combine the flour with the butter to make a roux. Cook the roux for a few minutes, but do not let it start to brown.
4½ pt	2250 mL	Chicken stock, hot	5. Gradually beat in the stock, using a whip to blend it smoothly with the roux. Bring to a boil, stirring with the whip until the stock thickens. 6. Simmer until the vegetables are completely tender and the soup has no taste of raw flour. 7. Skim the soup carefully.
2 oz 12 oz	60 g 375 g	Butter Mushrooms, sliced	8. While the soup is simmering, heat butter in a sauté pan. Sauté the mushrooms. 9. After the soup is skimmed, add the mushrooms.
1½ pt to taste to taste	750 mL to taste to taste	Milk, hot Salt White pepper	10. Stir the hot milk into the soup. 11. Add the cooked wild rice from step 1. Simmer 2–3 minutes. 12. Season to taste with salt and white pepper.
12 fl oz as needed	375 mL as needed	Heavy cream, hot (see Note) Chopped parsley	13. At service time, stir in the cream. 14. Garnish the top of each portion with a sprinkling of chopped parsley.
<p>Per serving: Calories, 380; Protein, 7 g; Fat, 29 g (68% cal.); Cholesterol, 90 mg; Carbohydrates, 24 g; Fiber, 2 g; Sodium, 160 mg.</p> <p>Note: The quantity of cream may be decreased as desired to reduce dietary fat.</p>			

Wisconsin Cheddar and Broccoli Soup

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

U. S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250 g	Butter	1. Heat the butter in a heavy saucepot over moderate heat.
6 oz	180 g	Onion, chopped fine	2. Add the onion, celery, broccoli stems, and mushrooms. Sweat the vegetables without letting them brown.
4 oz	125 g	Celery, chopped fine	3. Add the flour and stir to make a roux. Cook the roux a few minutes, but do not let it start to brown.
8 oz	250 g	Broccoli stems, coarsely chopped	
4 oz	125 g	Mushrooms, chopped	
4½ oz	140 g	Flour	
4½ pt	2250 mL	White stock	4. Gradually beat in the stock. Bring to a boil, stirring with a whip, as it thickens.
			5. Simmer until the vegetables are very tender.
			6. Skim the soup carefully.
			7. Pass the soup through a food mill to purée it.
			8. Pass the puréed soup through a chinois or fine strainer.
1 pt	500 mL	Milk, hot	9. Add the hot milk to the soup.
12 oz	375 g	Broccoli florets, cooked	10. Heat the soup again, but do not let it boil.
			11. Separate the broccoli florets into pieces small enough to be eaten with a soup spoon. Add them to the soup.
			12. If the soup is to be served at once, proceed to the next step. Otherwise, cool in a cold-water bath and refrigerate until service time. Reheat soup to a simmer when ready to finish.
1 lb	500 g	Sharp cheddar cheese, grated	13. Add the cheese to the soup and stir until entirely melted.
8 fl oz	250 mL	Heavy cream, hot (see Note)	14. Carefully reheat the soup, but do not let it boil, or else the cheese may curdle or separate.
to taste	to taste	Salt	15. Stir in the heavy cream.
to taste	to taste	White pepper	16. Season to taste with salt and white pepper.

Per serving: Calories, 460; Protein, 13 g; Fat, 38 g (75% cal.); Cholesterol, 115 mg; Carbohydrates, 15 g; Fiber, 2 g; Sodium, 410 mg.

Note: The quantity of cream may be decreased as desired to reduce dietary fat.



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. 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.

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.

Figure 9.4 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: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U. S.	METRIC	INGREDIENTS
4 oz	125 g	Butter
4 lb	2 kg	Carrots, small dice
1 lb	500 g	Onions, small dice
5 qt	5 L	Chicken stock or white veal stock
1 lb	500 g	Potatoes, small dice
to taste	to taste	Salt
to taste	to taste	White pepper

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.

Optional:
1½–2 cups 350–500 mL Cream, hot

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 8 oz (250 g) raw rice in place of 1 lb (500 g) potatoes. The soup must be simmered until the rice is very soft.

Purée of Cauliflower Soup (Purée Dubarry)

Use 4 lb (2 kg) cauliflower in place of carrots.

Purée of Celery or Celery Root Soup

Use 4 lb (2 kg) celery or celery root in place of carrots.

Purée of Jerusalem Artichoke Soup

Use 4 lb (2 kg) Jerusalem artichoke in place of carrots.

Purée of Potato Soup (Potage Parmentier)

Omit carrots from basic recipe, add 10 oz (300 g) leeks to the onions, and increase the potatoes to 5 lb (2.5 kg).

Purée of Potato and Leek Soup

Use 2 lb (1 kg) leeks in place of the carrots. Increase the potatoes to 2½ lb (1.25 kg).

Purée of Turnip Soup

Use 4 lb (2 kg) white turnips in place of carrots.

Purée of Watercress Soup

Prepare like purée of potato soup, but add 5 bunches watercress, chopped, when the potatoes are almost tender.

Purée of Mixed Vegetable Soup

Decrease carrots to 1¼ lb (600 g). Add 10 oz (300 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: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
6 oz	175 g	Salt pork
		Mirepoix:
10 oz	300 g	Onion, small dice
5 oz	150 g	Celery, small dice
5 oz	150 g	Carrot, small dice
<hr/>		
6 qt	6 L	Ham stock (see Note)
1	1	Ham bone or ham hock (optional)
3 lb	1.5 kg	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

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.

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.

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 3 lb (1.5 kg) 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 3 lb (1.5 kg) 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 3 lb (1.5 kg) red kidney beans. Soak beans overnight. Use white stock and add 2½ cups (600 mL) red wine to the soup when the beans are almost tender. Garnish with croutons sautéed in butter.

Purée of Black Bean Soup

Use 3 lb (1.5 kg) black turtle beans. Soak beans overnight. Use white stock and ham bone. Add 8 oz (250 mL) Madeira or sherry to the finished soup. Garnish with lemon slices and chopped hard-cooked egg.

Purée Mongole

Combine 3 qt (3 L) purée of green split pea soup and 2 qt (2 L) tomato purée. Dilute to proper consistency with about 1–2 qt (1–2 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: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 oz	60 g	Butter	1. Heat the butter in a heavy saucepot over moderately low heat.
6 oz	175 g	Onions, small dice	2. Add the onions and sweat them without letting them brown.
4 qt	4 L	Chicken stock	3. Add the stock and bring to a boil.
6 lb	3 kg	Peas, fresh or frozen	4. Add the peas. Simmer until the peas are soft, about 5 minutes.
to taste	to taste	Salt	5. Pass the soup through a food mill or purée with an immersion blender and then pass through mill to remove coarse pea husks.
to taste	to taste	White pepper	6. Return the stock to a simmer. Add additional stock if necessary to bring to a proper consistency.
			7. Adjust the seasoning.
8 oz	250 mL	Heavy cream	8. At service time, heat the heavy cream and stir into the soup.
		Garnish:	9. Whip the cream until it forms soft peaks. Fold in the shredded mint leaves.
12 oz	375 mL	Heavy cream	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.)
¼ cup	60 mL	Mint leaves, finely shredded	
<p>Per serving: Calories, 200; Protein, 7 g; Fat, 11 g (50% cal.); Cholesterol, 40 mg; Carbohydrates, 18 g; Fiber, 6 g; Sodium, 40 mg.</p>			

Purée of Green Pea Soup with Mint Cream



Purée of Spring Vegetable Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 oz	60 g	Butter	1. Heat the butter in a heavy soup pot over low heat.
2 lb	1 kg	Leeks, white part only, small dice	2. Add the leeks, potatoes, and celery. Sweat over low heat until fairly tender, about 10–15 minutes.
2 lb	1 kg	New potatoes, peeled, small dice	3. Add the peas, parsley, and tarragon. Sweat another 5 minutes.
1 lb	500 g	Celery, small dice	4. Add the stock. Simmer 10 minutes or more, until the vegetables are tender but not overcooked.
1 lb	500 g	Peas, fresh or frozen	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.
¼ cup	60 mL	Chopped parsley	
1 tbsp	15 mL	Chopped fresh tarragon	6. Heat the cream and stir it into soup.
6 qt	6 L	Light vegetable stock or chicken stock	7. Adjust the seasoning with salt and white pepper.
8 oz	250 mL	Heavy cream (see Note)	8. Whip the cream until it forms soft peaks. Fold in the chives.
to taste	to taste	Salt	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.)
to taste	to taste	White pepper	
		Garnish:	
8 oz	250 mL	Heavy cream (see Note)	
2 tbsp	30 mL	Chopped chives	
<p>Per serving: Calories, 160; Protein, 4 g; Fat, 10 g (53% cal.); Cholesterol, 35 mg; Carbohydrates, 16 g; Fiber, 3 g; Sodium, 65 mg.</p>			
<p>Note: The first quantity of cream may be decreased as desired and the whipped cream garnish omitted to reduce dietary fat.</p>			

Butternut Squash Soup with Caramelized Apples

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250 g	French bread	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.)
2 oz	60 g	Butter	
2 oz	60 g	Butter	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 oz	250 g	Onions, small dice	
8 oz	250 g	Leeks, small dice	
12 oz	375 g	Carrots, small dice	
4 lb	2 kg	Butternut squash, medium dice	
5 qt	5 L	Chicken stock	
1½ tsp	7 mL	Salt	
½ tsp	2 mL	White pepper	
½ tsp	2 mL	Ground allspice	
½ tsp	2 mL	Ground ginger	
24	24	Croutons (see procedure)	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.
1½ lb	750 g	Tart, firm cooking apples	
1 oz	30 g	Butter	
2 oz	60 g	Brown sugar	
12 oz as needed	375 mL as needed	Heavy cream (optional) Additional heavy cream or crème fraîche for garnish, if desired	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.
<p>Per serving: Calories, 150; Protein, 3 g; Fat, 6 g (34% cal.); Cholesterol, 20 mg; Carbohydrates, 23 g; Fiber, 4 g; Sodium, 280 mg.</p>			

Navy Bean Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	1 kg	Dried navy beans	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 oz	125 g	Bacon, diced	
4 oz	125 g	Onions, small dice	
8 oz	250 g	Carrots, small dice	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.
8 oz	250 g	Celery, small dice	
4 oz	125 g	Leeks, sliced	
3	3	Garlic cloves, chopped	
5 qt	5 L	Stock or water	
1	1	Ham hock	
1	1	Bay leaf	
½ tsp	2 mL	Dried thyme	
½ tsp	2 mL	Pepper	
1 qt	1 L	Canned tomatoes, with juice, crushed	
<p>Per serving: Calories, 180; Protein, 10 g; Fat, 4 g (19% cal.); Cholesterol, 5 mg; Carbohydrates, 28 g; Fiber, 7 g; Sodium, 510 mg.</p>			

Spicy Black Bean Soup

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	1 kg	Black turtle beans	1. Soak the beans overnight in cold water.
1½ fl oz	50 mL	Olive oil	2. Heat the olive oil in a heavy soup pot over moderate heat.
8 oz	250 g	Onions, small dice	3. Add the onions, garlic, and jalapeño. Cook over low heat until almost tender.
4	4	Garlic cloves, chopped	4. Add the chili powder, cumin, coriander, and bay leaf. Stir to mix in with the oil and vegetables.
2 oz	60 g	Jalapeño or other fresh green chile, chopped	5. Add the stock or water. Drain the soaked beans and add them to pot.
4 tbsp	60 mL	Chili powder	6. Cover and simmer until the beans are just tender.
1½ tsp	7 mL	Ground cumin	7. Add the tomatoes. Continue to simmer another 15–30 minutes, until the beans are completely tender and the flavors are well blended.
1½ tsp	7 mL	Ground coriander	8. Add salt and hot pepper sauce to taste.
1	1	Bay leaf	
5 qt	5 L	White stock, vegetable stock, or water	
1 lb	500 g	Tomatoes (canned), drained and chopped	
to taste	to taste	Salt	
to taste	to taste	Hot pepper sauce	
		Garnish:	9. Carefully mix the diced avocado and tomato. Garnish each portion of the soup with a spoonful of this mixture.
8 oz	250 g	Avocado, medium dice	
8 oz	250 g	Tomato, medium dice	

Per serving: Calories, 170; Protein, 10 g; Fat, 4.5 g (22% cal.); Cholesterol, 5 mg; Carbohydrates, 25 g; Fiber, 9 g; Sodium, 55 mg.



Spicy Black Bean Soup

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

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.

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. 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.

8 fl oz	250 mL	Heavy cream
8 fl oz	250 mL	Buttermilk

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

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.

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.

Shrimp Bisque

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

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 oz	30 g	Butter	1. Heat the butter in a saucepan over medium heat.
2 oz	60 g	Onions, cut brunoise	2. Add onions and carrots. Sauté until lightly browned.
2 oz	60 g	Carrots, cut brunoise	3. Add the shrimp, bay leaf, thyme, and parsley stems. Sauté until the shrimp turn red.
1 lb	500 g	Small shrimp, shells on	4. Add the tomato paste and stir well.
small piece	small piece	Bay leaf	5. Add the brandy and wine. Simmer until reduced by half.
pinch	pinch	Dried thyme	6. Remove the shrimp. Peel and devein them. Return shells to the saucepan.
4	4	Parsley stems	7. Cut the shrimp into small dice and reserve for garnish.
1 oz	30 g	Tomato paste	
2 oz	60 mL	Burnt brandy (see Note)	
6 oz	200 mL	White wine	
1 qt	1 L	Fish velouté	8. Add the fish velouté and stock to the saucepan. Simmer 10–15 minutes.
1 pt	500 mL	Fish stock	9. Strain. Return the soup to the saucepan and bring back to a simmer.
1 cup	250 mL	Heavy cream, hot	10. At service time, add the hot cream and the diced shrimp. Season to taste.
to taste	to taste	Salt	
to taste	to taste	White pepper	

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. 239) 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. 176), 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.)

To reduce food cost, you may reduce the quantity of shrimp and add extra shrimp shells for flavor. Or, instead of using all the cooked shrimp for garnish, save most of them for another use.

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 live lobster, cut as shown in Figure 14.12. (Alternatively, to reduce food costs, use crushed lobster shells or rock lobster tails.)

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.

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?

Potato Chowder

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250 g	Salt pork	1. Grind the salt pork or cut into very fine dice.
12 oz	375 g	Onions, medium dice	2. Render the pork fat in a heavy saucepot.
3 oz	90 g	Celery, medium dice	3. Add the onions and celery. Cook in the fat over moderate heat until nearly tender. Do not brown.
4 oz	125 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 qt	3.5 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.
3 lb	1.5 kg	Potatoes, medium dice	6. Add the potatoes. Simmer until all the vegetables are tender.
3 pt	1.5 L	Milk, hot	7. Stir in the hot milk and cream.
1 cup	250 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 2¼ lb (1.1 kg). When vegetables are tender, add 3 lb (1.5 kg) 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 1½ lb (750 g). Add 3 lb (1.5 kg) canned cream-style corn when vegetables are tender.

Corn and Crab Chowder with Basil

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
3 fl oz	90 mL	Vegetable oil	1. Heat the oil in a heavy soup pot over moderate heat.
12 oz	375 g	Onions, medium dice	2. Add the onions and garlic.
2	2	Garlic cloves, chopped	3. Cook over moderate heat until nearly tender. Do not brown.
3 oz	90 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 qt	3.5 L	Mild fish stock or chicken stock	5. Using a wire whip, slowly stir in the stock. Bring to a boil, stirring to make sure the liquid is smooth. Add the wine.
8 fl oz	250 mL	Dry white wine	6. Add the potatoes and bay leaves. Simmer until the potatoes are tender.
2 lb	1 kg	Potatoes, medium dice (see Note)	
2	2	Bay leaves	
2 lb	1 kg	Corn kernels, fresh or frozen	7. Add the corn kernels and shredded basil. Return the soup to a simmer.
½ cup	125 mL	Fresh basil leaves, shredded	8. Add the crabmeat.
2 lb	1 kg	Crabmeat	9. Stir in the hot milk and cream.
1 pt	500 mL	Milk, hot	10. Season to taste with salt and pepper.
8 fl oz	250 mL	Heavy cream, hot	
to taste	to taste	Salt	
to taste	to taste	White pepper	

Per serving: Calories, 220; Protein, 12 g; Fat, 9 g (36% cal.); Cholesterol, 45 mg; Carbohydrates, 22 g; Fiber, 2 g; Sodium, 160 mg.

Note: For attractive color, use small red-skinned potatoes and do not peel them.

VARIATION

If thicker soup is desired, increase flour to 4 oz (125 g) and oil to 4 fl oz (125 mL).



Corn and Crab Chowder with Basil

New England Clam Chowder

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 qt	2 L	Canned, minced clams, with their juice, or fresh shucked clams, with their juice (see Note)	1. Drain the clams, reserving the juice. If you are using fresh clams, chop them, being sure to save all the juice.
1½ qt	1.5 L	Water	2. Combine the juice and water in a saucepan. Bring to a boil.
10 oz	300 g	Salt pork, ground or cut into fine dice	3. Remove from the heat and keep the liquid hot for step 7.
1 lb	500 g	Onions, small dice	4. In a heavy saucepot or stockpot, render the salt pork over medium heat.
4 oz	125 g	Flour	5. Add the onions and cook slowly until soft, but do not brown.
2 lb	1 kg	Potatoes, small dice	6. Add the flour and stir to make a roux. Cook the roux slowly 3–4 minutes, but do not let it brown.
2½ qt	2.5 L	Milk, hot	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.
1 cup	250 mL	Heavy cream, hot	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.)
to taste	to taste	Salt	9. Stir in the clams and hot milk and cream. Heat gently, but do not boil.
to taste	to taste	White pepper	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 8–10 qt (8–10 L). Scrub them well. Combine with the 1½ qt (1½ L) 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 4 fl oz (125 mL) oil or 4 oz (125 g) butter for the salt pork. Add 10 oz (300 g) celery, small dice; 10 oz (300 g) carrots, small dice; and 1 tsp (5 mL) chopped garlic to the onions in step 5. Omit flour. Instead of milk, use 2½ qt (2½ L) 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 3 qt (3 L) fish stock instead of the clam juice and water mixture in step 7. Remove all skin and bones from 1¼ lb (625 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.

SPECIALTY SOUPS AND NATIONAL SOUPS

French Onion Soup Gratinée

YIELD: 7½ QT (7.5 L) PORTIONS: 24 PORTION SIZE: 10 FL OZ (300 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	125 g	Butter	1. Heat the butter in a stockpot over moderate heat. Add the onions and cook until golden. Stir occasionally. <i>Note:</i> 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.
5 lb	2.5 kg	Onions, sliced thin	
6½ qt	6.5 L	Beef stock, or half beef and half chicken stock	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.
to taste	to taste	Salt	
to taste	to taste	Pepper	
4–6 fl oz	125–175 mL	Sherry (optional)	5. Cut the bread into slices about ¾ 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.
as needed	as needed	French bread (see procedure)	
1½ lb	750 g	Gruyère or Swiss cheese, or a mixture, coarsely grated	
<p>Per serving: Calories, 320; Protein, 15 g; Fat, 15 g (42% cal.); Cholesterol, 50 mg; Carbohydrates, 31 g; Fiber, 3 g; Sodium, 410 mg.</p>			

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

Avgolemono

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
6 qt	6 L	Chicken stock
8 oz	250 g	Rice, raw
Liaison:		
8	8	Eggs, beaten
6 fl oz	180 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	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.

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 1 pt (500 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.

Borscht

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Beef brisket or shank (see Note)
3½ qt	3½ L	Water or beef stock
4 oz	125 g	Butter
8 oz	250 g	Onion, sliced thin
8 oz	250 g	Leeks, white part and about ½ in. (1 cm) of green, cut julienne
8 oz	250 g	Cabbage, shredded
2 No. 2½ cans (about 60 oz)	2 No. 2½ cans (about 1.7 kg)	Beets (see Note)
4 oz	125 g	Tomato purée
4 fl oz	125 mL	Vinegar
2 tbsps	30 g	Sugar
to taste	to taste	Salt
to taste	to taste	White pepper
as needed	as needed	Sour cream

Per serving: Calories, 150; Protein, 9 g; Fat, 9 g (53% cal.); Cholesterol, 40 mg; Carbohydrates, 9 g; Fiber, 1 g; Sodium, 250 mg.

Note: Leftover cooked beef may be used. In this case, use 16–20 oz (500–625 g) cooked beef and use stock, not water.

If fresh raw beets are used, shred or grate them and sweat them with the onions.

PROCEDURE

1. Simmer the beef in the water or stock until tender.
2. Remove the cooked beef from the broth and cut it into small dice.
3. Measure the broth and, if necessary, add water to bring it back up to 3 qt (3 L).
4. Return the meat to the broth.
5. Heat the butter in a heavy pot. Add the onion, leeks, and cabbage. Cook slowly in the butter about 5 minutes.
6. Drain the beets, reserving juice. Grate beets on a coarse grater or chop them fine.
7. Add the onion mixture, beets, beet juice, tomato purée, vinegar, and sugar to the meat and broth.
8. Bring to a boil and simmer until the vegetables are tender.
9. Season to taste with salt, white pepper, and more vinegar if desired.
10. Serve each portion topped with a spoonful of sour cream.

VARIATIONS

Cold Borscht

Omit beef. Strain soup through a china cap, pressing down on the vegetables to force out all juices. Chill the soup and add lemon juice to taste. Serve with sour cream.

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

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.

1 lb	500 g	Potatoes, peeled, medium dice
to taste	to taste	Salt
to taste	to taste	Pepper

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.

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

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 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

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.

Garnish:		
8	8	Corn chips
4 fl oz	125 mL	Sour cream
2 oz	60 g	Grated cheddar cheese

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: 5 QT (5 L) PORTIONS: 16 PORTION SIZE: 10 FL OZ (300 ML) PLUS 1½ OZ (45 G) RICE

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 fl oz	90 g	Vegetable oil	<ol style="list-style-type: none"> 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.
6 oz	180 g	Onion, small dice	
4 oz	120 g	Celery, small dice	
4 oz	120 g	Green bell pepper, small dice	
1 oz	30 g	Garlic, chopped fine	
1½ tsp	7 mL	Dried thyme	
1½ tsp	7 mL	Dried basil	
1 tsp	5 mL	Dried oregano	
2	2	Bay leaves	
1 tsp	5 mL	Cayenne	
1 tsp	5 mL	Black pepper	<ol style="list-style-type: none"> 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.
1 gal	4 L	Fish stock, hot	
8 oz	250 g	Blond roux (p. 174)	
10 oz	300 g	Canned tomatoes, chopped	
1 lb	500 g	Okra, trimmed, cut into ¾-in. (2-cm) slices	<ol style="list-style-type: none"> 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.
1 lb	500 g	Small shrimp, peeled and deveined	
1 lb	500 g	Lump crabmeat	
1 tbs	15 mL	Filé powder	
to taste	to taste	Salt	<ol style="list-style-type: none"> 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.
1½ lb	750 g	Cooked 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 12 oz (375 g) shucked oysters.

Chicken and Andouille Gumbo

Substitute chicken stock for fish stock. Omit the shrimp and crabmeat. Instead, use 1½ lb (750 g) diced raw chicken meat and 8 oz (250 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

Japanese Clear Soup with Shrimp



YIELD: ½ GAL (2 L) PORTIONS: 10 PORTION SIZE: 6 FL OZ (200 ML)

U. S.	METRIC	INGREDIENTS
2 qt	2 L	Dashi (p. 169)
to taste	to taste	Salt
1 tbsp	15 mL	Japanese soy sauce

Garnish:		
1–2 strips	1–2 strips	Lemon zest
15	15	Snow peas
10	10	Medium shrimp

Per serving: Calories, 15; Protein, 2 g; Fat, 0 g (0% cal.); Cholesterol, 10 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 115 mg.

VARIATIONS

Garnish: Clear soup garnish can be varied considerably. Always use just a few carefully chosen items. Don't clutter the bowl. The effect should be like an elegant little still-life painting seen through the perfectly clear soup. All cutting should be done carefully and neatly. Garnish items include:

Tofu, cut in small cubes

Cooked pork loin or chicken breast, cut in small dice, *bâtonnet*, or julienne

Lobster tail, in thin slices

Cooked fish, separated into flakes (use a type that separates into large, firm flakes, such as snapper or cod)

Small clams, steamed and removed from shell (the broth can be clarified, diluted, and used for soup base instead of dashi)

Carrots, cut julienne

Fresh white mushrooms, sliced thin

Dried shiitake mushrooms, soaked, simmered, and cut into julienne

Wakame (a type of seaweed); soak until soft, cut into small pieces and discard the hard ribs, and simmer in the soup 2 minutes

Chinese cabbage, shredded

Watercress leaves

Fresh ginger root, cut into fine shreds (use only a few shreds per serving)

Bamboo shoots, sliced thin

White radish, sliced thin or shredded

PROCEDURE

1. Bring the dashi to a simmer. Carefully add salt to taste.
2. Add soy sauce. (The soup should be crystal clear.)
3. Cut lemon zest into very fine julienne.
4. Trim and wash the snow peas. Cut them crosswise at an angle, making diamond shapes. Blanch the 1 minute in boiling water. Drain and cool.
5. Peel and devein the shrimp. Blanch in boiling water just until cooked, no more than 1 minute. Drain.
6. Rinse soup cups or bowls in hot water to warm them. In each bowl put 1 shrimp, a few pieces of snow peas, and a few threads of lemon zest.
7. Make sure the soup is very hot—almost boiling—and ladle 6 oz (200 mL) into each bowl. Serve at once.

Miso Soup

Miso soup is made simply by dissolving miso (fermented paste made of soybeans, barley, and/or rice) in dashi. The two main categories of miso are *white miso*, which is actually light yellowish in color and has a sweet, mild taste, and *red or dark miso*, which comes in varying shades of reddish brown and is stronger and saltier in taste. General proportions for soup are 4 tbsp (60 mL) red miso or 6 tbsp (90 mL) white miso per qt (L) dashi. Put the miso in a small bowl and carefully stir in a ladleful of hot dashi. Stir until completely lump-free. Add enough dashi so the miso is thin and pourable. (Do not add miso directly to soup, or it will not mix in properly.) Carefully stir the dissolved miso into the remaining hot dashi. Season to taste and, if desired, add 1–2 tsp (5–10 mL) soy sauce. Add desired garnish as for clear soup, except the garnish can be added directly to the soup kettle. Because this is a heartier soup, it is more often garnished with tofu and vegetables than more delicate seafood. Stir before serving, as the miso settles out.

Chinese Hot and Sour Soup

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

U.S.	METRIC	INGREDIENTS	PROCEDURE
8	8	Dried black mushrooms	<ol style="list-style-type: none"> Place the two types of dried mushroom in separate bowls. Add enough boiling water to each to cover mushrooms. Let stand until soft. Drain the mushrooms, squeezing them lightly. Reserve the soaking liquid. Cut off and discard the stems from the black mushrooms. Cut the caps into thin strips. Cut off any coarse, woody stems from the cloud ear mushrooms. Cut the mushrooms into ½-inch (1-cm) pieces.
16	16	Dried cloud ear (tree ear) mushrooms	
as needed	as needed	Boiling water	
2½ qt	2.5 L	Chicken stock	<ol style="list-style-type: none"> Combine the stock and the mushroom liquid in a saucepot. Bring to a boil. Add the mushrooms, pork, bamboo shoots, soy sauce, and white pepper. Simmer 3 minutes.
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	<ol style="list-style-type: none"> Mix the cornstarch with the cold water until smooth. Add the cornstarch mixture to the simmering soup, stirring constantly. Simmer until the soup is lightly thickened.
8 tbsp	120 mL	Cornstarch	
8 fl oz	250 mL	Cold water	
3 fl oz	90 mL	Rice vinegar or wine vinegar	<ol style="list-style-type: none"> Add the vinegar and sesame oil to soup. Slowly drizzle in the beaten egg, stirring slowly but constantly so that the egg coagulates in thin shreds.
2 tsp	10 mL	Oriental sesame oil	
2	2	Eggs, lightly beaten	
1	1	Scallion, sliced thin	<ol style="list-style-type: none"> At service time, top each portion with a few slices of scallion and a pinch of chopped cilantro.
2 tbsp	30 mL	Cilantro, chopped	

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

Chilled Tomato and Basil Soup

YIELD: 2½ QT (2.5 L) PORTIONS: 10 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 lb	2 kg	Tomatoes, ripe	1. Peel, seed, and chop the tomatoes (see p. 551), reserving the juice and seeds.
1 tbsp	15 mL	Olive oil	2. Transfer the seeds and juice to a strainer. Reserve the juice and discard the seeds.
¼ oz	7 g	Garlic, chopped	3. Heat the olive oil in a heavy saucepot over moderate heat. Add the garlic and sweat until soft, but do not let it brown.
1½ qt	1.5 L	Chicken broth	4. Add the tomatoes, tomato juice, and chicken broth. Bring to a boil and simmer 20 minutes.
2 tsp	10 mL	Fresh green or red chiles, seeded and chopped	5. Add the chiles and lemon zest. Simmer another 5 minutes.
1 tsp	5 mL	Grated lemon zest	6. Cool completely.
1 oz	30 g	Fresh basil, cut chiffonade (p. 148)	7. In a food processor or blender, purée the soup until smooth.
2 fl oz	60 mL	Lemon juice	8. Transfer to a bowl, a bain-marie, or other container. Stir in the basil and lemon juice.
to taste	to taste	Salt	9. Chill.
		Garnish:	10. Add salt to taste.
as desired	as desired	Fresh basil, cut chiffonade	11. At service time, top each portion with a little basil chiffonade.

Per serving: Calories, 60; Protein, 2 g; Fat, 2 g (27% cal.); Cholesterol, 5 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 25 mg.

VARIATION

For a vegetarian alternative, substitute vegetable stock or water for chicken stock. If desired, garnish each portion with a spoonful of yogurt or sour cream.

Ecuadorian Quinoa and Peanut Soup

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

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 oz	30 g	Butter	1. Prepare annatto butter: Melt the butter and add the annatto seeds. Heat together 10 minutes over low heat. Strain the butter and discard the seeds.
½ oz	15 g	Annatto seeds	
1 oz	30 g	Butter	2. Heat the second quantity of butter in a heavy saucepot. Add the onion and garlic. Sweat until the vegetables are soft.
10 oz	300 g	Onion, chopped fine	3. Stir in the annatto butter.
½ oz	15 g	Garlic, chopped fine	4. Add the water, quinoa, and potatoes. Simmer 25–30 minutes, or until the quinoa and potatoes are very tender.
2 qt 8 fl oz	2.25 L	Water	
8 oz	250 g	Quinoa, rinsed well and drained	
10 oz	300 g	Potatoes, medium dice	
5 oz	150 g	Peanuts, roasted, unsalted, skinless	5. Grind the peanuts to a powder in a food processor. Do not process long enough to make peanut butter.
1 pt	500 mL	Milk	6. Add the ground peanuts, milk, and cilantro to soup. Simmer an additional 15 minutes.
3 tbsp	45 mL	Chopped fresh cilantro	7. Add salt to taste.
to taste	to taste	Salt	

Per serving: Calories, 230; Protein, 8 g; Fat, 12 g (46% cal.); Cholesterol, 15 mg; Carbohydrates, 24 g; Fiber, 3 g; Sodium, 55 mg.

VARIATION

Peanuts may be omitted if desired. If so, change name of soup to Ecuadorian Quinoa 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

1 lb	500 g	Garnishes in the soup: 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

Mulligatawny Soup

YIELD: 2¼ QT (2.25 L) PORTIONS: 8 PORTION SIZE: 9 FL OZ (280 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
6 cloves ½ oz 2 oz 3 fl oz	6 cloves 15 g 60 g 90 mL	Garlic, chopped Fresh ginger root, peeled and chopped Onion, chopped Water	1. Put the garlic, ginger, onion, and water in a blender and blend to a smooth paste.
1½ fl oz 1 lb 2 tsp 1½ tsp ½ tsp ¼ tsp ¼ tsp	45 mL 500 g 10 mL 7 mL 2 mL 1 mL 1 mL	Oil Skinless, boneless chicken meat, in small dice Ground cumin Ground coriander Turmeric Cayenne Black pepper	2. Heat the oil in a heavy pot. Add the chicken and brown lightly on all sides. Remove with a slotted spoon and set aside. 3. Add the cumin, coriander, turmeric, cayenne, black pepper, and paste from step 1 to the oil remaining in pot. Cook over low heat about 2 minutes, or until the spices are aromatic and paste is lightly browned.
2 qt 2 oz 4 fl oz 1 oz 1 fl oz to taste	2 L 60 g 125 mL 30 g 30 mL to taste	Chicken stock Chickpea flour Cold water or additional stock Rice, long grain Lime juice Salt	4. Return the browned chicken meat to the pot, along with any juices that collected under it. 5. Add the stock to the pot. 6. Blend the chickpea flour with the cold water or stock to a smooth, thin paste. Stir the paste into stock. Bring to a simmer, stirring frequently. 7. Add the rice. 8. Simmer the soup about 30 minutes, or until rice and chicken are tender. 9. Add the lime juice. Add salt to taste.
8 tsp as needed	40 mL as needed	Chopped cilantro Cilantro leaves, whole	10. A few minutes before serving, stir in the chopped cilantro. 11. Garnish each portion with a few leaves of cilantro.
<p>Per serving: Calories, 180; Protein, 17 g; Fat, 8 g (40% cal.); Cholesterol, 40 mg; Carbohydrates, 10 g; Fiber, 1 g; Sodium, 50 mg.</p>			

MULLIGATAWNY SOUP

The origins of mulligatawny soup are in India during its occupation as a colony by Great Britain. The soup was brought back to England, where it was adapted and modified by English cooks. Today many variations exist. Most contain rice and either lamb or chicken, and they are seasoned with curry powder or with curry spices such as cumin, coriander, turmeric, and pepper. The name derives from a Tamil (South Indian) phrase meaning “pepper water.”

Summer Vegetable and Smoked Tomato Soup

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

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250 g	Roma tomatoes	1. Using hot smoking equipment or a stovetop smoker (p. 73), smoke the tomatoes until soft. 2. Peel the tomatoes and chop coarsely. Set aside.
1½ fl oz	45 mL	Olive oil	3. Heat the olive oil over low heat in a heavy saucepot.
4 oz	125 g	Red bell pepper, chopped fine	4. Add the peppers, zucchini, carrot, and garlic. Sweat the vegetables until tender.
4 oz	125 g	Yellow bell pepper, chopped fine	5. Add the chicken stock, cayenne, parsley, and basil. Bring to a simmer. Simmer 15–20 minutes.
4 oz	125 g	Orange bell pepper, chopped fine	6. Stir in the tomatoes. Simmer another 10 minutes.
4 oz	125 g	Zucchini, chopped fine	7. Add salt to taste.
3 oz	90 g	Carrot, chopped fine	
1 oz	30 g	Garlic, chopped fine	
2 qt	2 L	Chicken stock or vegetable stock	
¼ tsp	1 mL	Cayenne	
1 tbs	15 mL	Chopped fresh parsley	
1 tbs	15 mL	Chopped fresh basil	
to taste	to taste	Salt	
8 oz as desired	250 g as desired	Cooked orzo or other pastina Romesco (p. 788; optional)	8. At service time, reheat the soup and add the orzo. 9. Serve the soup with a small bowl of romesco on the side, to be added to the soup by the diner.

Per serving: Calories, 120; Protein, 3 g; Fat, 6 g (44% cal.); Cholesterol, 6 mg; Carbohydrates, 14 g; Fiber, 2 g; Sodium, 25 mg.

Red Lentil and Apricot Soup

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

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 fl oz	30 mL	Vegetable oil	1. Heat the oil in a heavy saucepot over moderate heat.
6 oz	180 g	Onion, small dice	2. Add the onions and garlic. Sweat until tender.
½ oz	15 g	Garlic, chopped fine	
3 qt	3 L	Vegetable stock	3. Add the stock to the pot. Bring to a boil.
1 lb 4 oz	600 g	Red lentils, sorted, rinsed, and drained Sachet:	4. Add the lentils, sachet, and cayenne. Simmer 5 minutes.
1	1	Bay leaf	5. Add the tomatoes and apricots. Continue to simmer until the lentils and apricots are completely tender.
¼ tsp	1 mL	Dried thyme	6. Remove and discard the sachet.
4	4	Peppercorns	
2	2	Whole cloves	
¼ tsp	0.5 mL	Cayenne	
5 oz	150 g	Tomato concassé	
12 oz	375 g	Dried apricots, coarsely chopped	
1 fl oz, or to taste	30 mL, or to taste	Lemon juice	7. Season to taste with lemon juice and salt.
to taste	to taste	Salt	

Per serving: Calories, 280; Protein, 14 g; Fat, 3.5 g (11% cal.); Cholesterol, 0 mg; Carbohydrates, 49 g; Fiber, 13 g; Sodium, 15 mg.

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	PROCEDURE
3 qt	3 L	Beef broth	<ol style="list-style-type: none"> 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.
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)	<ol style="list-style-type: none"> 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 2 oz (60 g) beef slices in the bottom of each soup bowl. 11. Ladle 8 fl oz (250 mL) broth over the beef slices. The boiling broth cooks the beef in moments. 12. Add rice noodles to the bowl. 13. Allow guests to help themselves to garnishes to flavor soup as desired.
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 (see p. 675)	
		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	

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 Bo

Caldo Verde

YIELD: 1¼ GAL (4.75 L) PORTIONS: 16 PORTION SIZE: 10 FL OZ (300 ML)

U.S. METRIC INGREDIENTS

2 fl oz	60 mL	Olive oil
12 oz	350 g	Onion, chopped fine
1 clove	1 clove	Garlic, chopped fine
4 lb	1.8 kg	Potatoes, peeled and sliced
4 qt	4 L	Water

1 lb	450 g	Hard, spicy garlic sausage (see Note)
to taste	to taste	Salt
to taste	to taste	Pepper

2 lb	900 g	Kale
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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.

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.

Zuppa di Ceci e Riso

YIELD: ¾ GAL (2.8 L) PORTIONS: 16 PORTION SIZE: 6 FL OZ (175 ML)

U.S. METRIC INGREDIENTS

3 fl oz	90 mL	Olive oil
1	1	Garlic clove, chopped
1½ tsp	7 mL	Rosemary, chopped fine
1 lb	450 g	Canned plum tomatoes, crushed or chopped
5 pt	2.5 L	White stock (chicken, veal, or pork)
6 oz	175 g	Rice (raw)
1½ lb	700 g	Cooked chickpeas, drained
to taste	to taste	Salt
to taste	to taste	Pepper
3 tbsp	45 mL	Chopped parsley

Per serving: Calories, 170; Protein, 6 g; Fat, 7 g (36% cal.); Cholesterol, 5 mg; Carbohydrates, 22 g; Fiber, 4 g; Sodium, 55 mg.

PROCEDURE

1. Heat the oil over moderate heat. Add the garlic and rosemary. Cook for a few seconds.
2. Add the tomatoes. Bring to a boil, then simmer until most of the juice has evaporated.
3. Add the stock and the rice. Simmer 15 minutes.
4. Add the chickpeas and continue to simmer until the rice is tender and the flavors are well blended.
5. Season to taste with salt and pepper.
6. Sprinkle each portion with a little chopped parsley.

Minestrone

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U. S.	METRIC	INGREDIENTS	PROCEDURE
4 fl oz	125 mL	Olive oil	<ol style="list-style-type: none"> 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.
1 lb	500 g	Onions, sliced thin	
8 oz	250 g	Celery, small dice	
8 oz	250 g	Carrots, small dice	
2 tsp	10 mL	Garlic, chopped	
8 oz	250 g	Green cabbage, shredded (see p. 537 for technique)	
8 oz	250 g	Zucchini, medium dice	
1 lb	500 g	Canned tomatoes, crushed	
5 qt	5 L	White stock	
1 tsp	5 mL	Dried basil	
6 oz	175 g	Small macaroni, such as ditalini	
1½ lb	750 g	Drained, canned cannellini or other white beans (2 No.2 cans)	
¼ cup	60 mL	Chopped parsley	
to taste	to taste	Salt	
to taste	to taste	Pepper	
as needed	as needed	Parmesan cheese, grated	

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

Mediterranean Tomato and Bean Soup

YIELD: 2½ QT (2.5 L) PORTIONS: 10 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
12 oz	360 g	Dried cannellini beans (see Note)	<ol style="list-style-type: none"> 1. Rinse and drain the beans. Soak overnight in enough water to cover by several inches. 2. Put the beans in a heavy pot with the farro, water, and rosemary sachet. 3. Bring to a simmer, and simmer gently 60–90 minutes, until the beans are almost tender.
4 oz	120 g	Farro (p. 641)	
3 qt	3 L	Water	
2 large sprigs	2 large sprigs	Sachet: Fresh rosemary	<ol style="list-style-type: none"> 4. Place the tomatoes and their juice in a food processor and process to a coarse purée. 5. Add the tomatoes and olive oil to the pot. Season to taste with salt. 6. Continue to simmer until the beans and farro are tender. Add more water if the soup becomes too thick. 7. Remove and discard the sachet. Adjust seasoning with more salt if necessary.
1 lb 12 oz	800 g	Canned whole tomatoes	
2 fl oz	60 g	Olive oil	
to taste	to taste	Salt	<ol style="list-style-type: none"> 8. At service time, drizzle each portion with a little good-quality olive oil.
as needed	as needed	Extra-virgin olive oil	

Per serving: Calories, 210; Protein, 10 g; Fat, 6 g (26% cal.); Cholesterol, 0 mg; Carbohydrates, 29 g; Fiber, 8 g; Sodium, 160 mg.

Note: If cannellini beans are not available, substitute great northern beans, pink kidney beans, or cranberry beans.

Scotch Broth

YIELD: 6 QT (6 L) PORTIONS: 24 PORTION SIZE: 8 FL OZ (250 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
6 qt	6 L	White lamb stock	<ol style="list-style-type: none"> 1. Bring 1 qt (1 L) of the stock to a boil in a saucepan. 2. Add the barley and cover the pan. Simmer until tender.
4 oz	125 g	Barley	
1½ lb	750 g	Lean, boneless lamb shoulder or shank, cut in small dice	<ol style="list-style-type: none"> 3. Bring the remaining 5 qt (5 L) stock to a boil in another pot. 4. Add the lamb and cover the pot. Simmer until the meat is almost tender.
4 oz	125 g	Butter	
12 oz	375 g	Onions, cut brunoise	<ol style="list-style-type: none"> 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.
8 oz	250 g	Carrots, cut brunoise	
8 oz	250 g	Celery, cut brunoise	<ol style="list-style-type: none"> 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.
4 oz	125 g	Leeks, cut brunoise	
4 oz	125 g	Turnips, cut brunoise	<ol style="list-style-type: none"> 9. At serving time, sprinkle each portion with a little chopped parsley.
to taste	to taste	Salt	
to taste	to taste	White pepper	
as needed	as needed	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.

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 L	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

Chilled Tomato Soup with Moroccan Spices

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

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 fl oz	30 mL	Olive oil	1. Heat the olive oil in a small sauté pan over low heat.
2 tsp	10 mL	Garlic, minced	2. Add the garlic and spices. Cook until the spices are aromatic, being careful not to burn the paprika or garlic. Cool.
1 tbsp	15 mL	Paprika	
2 tsp	10 mL	Ground cumin	
pinch	pinch	Cayenne	
4 lb	2 kg	Ripe tomatoes	3. Peel, core, and quarter the tomatoes.
4 oz	125 g	Celery, diced	4. In a blender or food processor, purée the tomatoes, celery, tomato paste, olive oil, sugar, and spice mixture from step 2.
2 oz	60 g	Tomato paste	5. Force through a fine strainer.
2 oz	60 g	Olive oil	6. Season to taste with salt and white pepper.
½ tsp	2 mL	Sugar	
to taste	to taste	Salt	
to taste	to taste	White pepper	
4 oz	125 g	Red bell pepper, small dice	7. Add the diced peppers.
4 oz	125 g	Green bell pepper, small dice	

Per serving: Calories, 170; Protein, 3 g; Fat, 12 g (60% cal.); Cholesterol, 0 mg; Carbohydrates, 15 g; Fiber, 5 g; Sodium, 90 mg.

VARIATION

Chilled Spiced Tomato Yogurt Soup

Whip or stir 1 pt (500 ml) unflavored yogurt until smooth and stir into soup. Adjust salt and pepper as needed.

Honeydew Melon Soup

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

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 lb	4 kg	Honeydew melon	1. Cut open the melons, discard the seeds, and cut the flesh from the rind. You should get about 50 percent yield. Cut the melon into small pieces.
5 oz	150 g	Sugar	2. In a blender or food processor, purée the melon with the remaining ingredients.
4 fl oz	120 mL	Dry sherry	3. Strain and chill.
1½ fl oz	45 mL	Lime juice	
40–80	40–80	Small melon balls, cut from honeydew or from an assortment of green- and orange-fleshed melons and watermelon	4. At service time, garnish each portion with 5–10 melon balls.

Per serving: Calories, 190; Protein, 2 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 47 g; Fiber, 2 g; Sodium, 60 mg.

VARIATION

Cantaloupe Soup

Substitute cantaloupe for honeydew.

TERMS FOR REVIEW

clear soup	cream soup	chowder	clearmeat
vegetable soup	purée soup	potage	clarification
consommé	bisque	coagulation	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.