

School of studies in Tourism & Hotel Management

FOUNDATION COURSE OF FOOD PRODUCTION-(201)

SOUP



By: Chef Pradeep Lahari
(Cookery & Hospitality expert)

SOUP (POTAGE)

DEFINATION:-Soups are liquid food consisting of meat, seafood, vegetables, cereals or poultry.

Soup plays an important role on the menu.

-It is served as the first course, if hors d' oeuvres are not being served , if hors d' oeuvres is served then soup is served as the second course.

-Soups are also play a role of appetizers they stimulate the appetite for the heavier foods to follow.

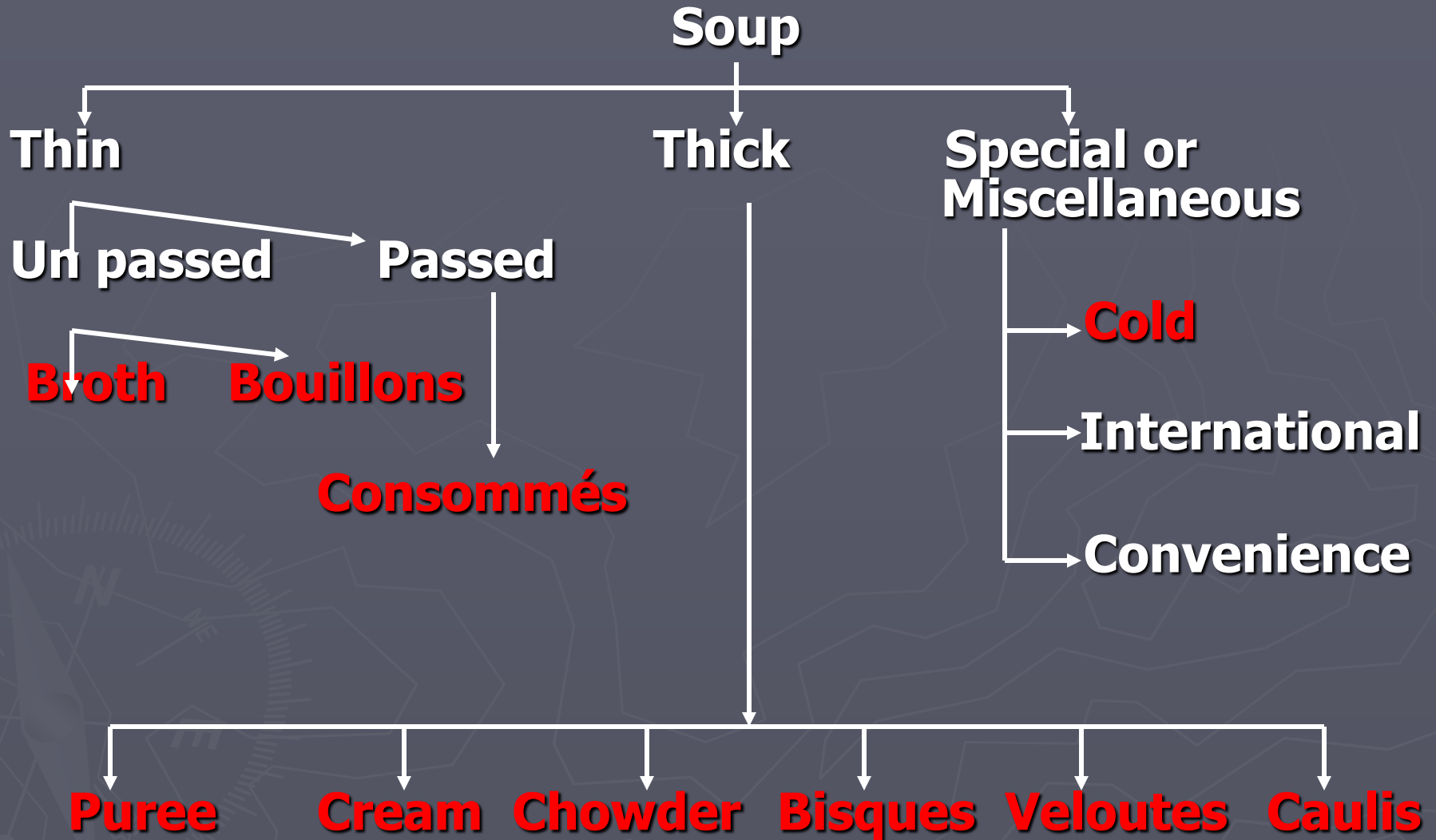
Special points for the service and preparation of the soups:-

- ▶ Good Quality of stock should be used to produce good quality soup.
- ▶ If in menu there is heavy entrée, then soup should be thin or light.
- ▶ If heavy or thick soup is served, the portion should be small.
- ▶ The soups should not in any way be filling or consist of food particles that require much chewing.
- ▶ Garnish should be small and even size so that they can be picked up easily by a soup spoon.
- ▶ Serve hot soups piping hot and cold very cold.
- ▶ Little sugar should be added to tone the acidity of the soup, before mixing cream.
- ▶ Consommé should be amber in color
- ▶ Accompaniments or the soups should be of a crisp character. ex. Melba toast, various crackers, bread sticks, cheese croutons, bread rolls etc.

Commonly used garnishes for soups

- ▶ Croutons - fried Dices or other fancy shape made from bread , toast & pastry
- ▶ Profiteroles - Prepared from choux paste, they are miniature cream puffs which may be filled or used plain.
- ▶ Cereals - Boiled rice or Barley
- ▶ Cheese - Cheese balls or grated parmesan served with croutons on one side.
- ▶ Cream - Unsweetened whipped cream or sour cream.
- ▶ Pasta - Noodles, spaghetti, and other pastas
- ▶ Vegetables - Cuts in various sizes: juliennes, round slice, dices etc.
- ▶ Meats, seafood, poultry- usually small dices or juliennes .

Classification of soup



Thin Soup

Passed (pass through muslin cloth)

Thin soups are clear, flavored nutritious liquids and are prepared without the use of starch and garnish with small food cuts which are floating in it.



Consommé

- ▶ The term consommé comes from the word consummate it means perfect.
- ▶ It is a strongly flavored clarified soup, which is prepared from beef, chicken, mutton stock and garnish with a variety of ingredients. This can be served hot or chilled.
- ▶ Beef stock is the best for consommé.
- ▶ Consommés are varied and the soup gets its name from the additional ingredients that are added to the consommé, sometimes it is named after historical figures, people or events in the form of accompanying and garnish.
- ▶ Consommé should be sparkling clear and well flavored, Onion halved and browned on hot plate are added to the soup for color.

Some important consommés

- ▶ Alexandra- chicken consommé thickened with tapioca garnished with juliennes of chicken, quenelles and shredded lettuce.
- ▶ Andalouse- consommé blended with tomato puree garnished with dices of Royal and dices of tomato, juliennes of ham, boiled rice, vermicelli and threaded eggs.
- ▶ Bretonne- consommé garnished with juliennes of leeks, celery , onion , mushrooms and chervil shreds
- ▶ Carmen- consommé garnished with tomato puree and capsicum garnished with juliennes of tomatoes and capsicum , rice and chervil shreds

Some other garnishes of consommés

- ▶ Brunnoise- small diced of vegetables.
- ▶ Dubarry- flowerettes of cauliflower.
- ▶ Florentine- juliennes of blanched spinach
- ▶ Madrilène- tomato dices and green peas
- ▶ St. Germain- fresh green peas.
- ▶ Celestine- juliennes of thin pancakes.
- ▶ Royal- dices of savoury egg custard(egg, stock and seasoning poached.)

Un Passed soup

► **Bouillon Soups**

Bouillon comes from the world "BOIL".

It is a strong meaty flavor and clear soup with pieces of Vegetable, meat, seafood etc. floating in the soup.



► **Broth Soups**

It is similar to bouillon made by the cheaper cuts of meat such as scrag end of mutton, and contain all type of veg., Meat, chicken, etc.

Some having thickening grains (rice, barley, macaroni etc.). Broth and bouillon are terms that are interchangeable.



- **Examples of broths:-** Scotch broth, mutton broth, petite marmite, potage fermiere, minestrone

Thick soup

▶ (A) Puree soups:

These are self-thickened soup and passed through a sieve and milk or a little flour blended with milk is added to prevent separating water or stock.

The soup is served with croutons.

Starchy veg. Such as leguminous plants, potato or cereals. Usually act as a self-thickeners and need no further thickening ingredients.



Some puree soups are:- puree de lentil, puree de tomato, puree de poise frois etc.

- ▶ **Conde-** puree of red kidney beans with red wine and butter added before serving.
- ▶ **Conti-** puree of lentils garnished with bacon, chervil (a herb) and butter added at the last min.
- ▶ **Grecque-** puree of green peas and garnished with shredded carrots , leeks , cabbage and butter added before serving.

(B) Cream soups:

A soup of cream consistency, made by puree, thicken with béchamel sauce and finished with cream



Examp.- Cream of tomato, cream of spinach, cream of mushroom

- ▶ **Ambassador-** Puree of fresh pea and garnished with shredded carrot, lettuce, chervil and butter and cream.
- ▶ **Chantilly-** Puree of lentils add cream, garnished with quenelles of chicken.
- ▶ **Washington-** puree of maize add cream and just before serving add whiskey and port and garnished with maize grain

▶ **(c) Veloute soups:**

It is made by blond roux and stock and pureed vegetable or meat hot milk is blended in to produce smooth soup. Finished with a liaison of egg yolk and cream.



Example-chicken veloute, almond veloute

- ▶ **Marie lousia**- chicken veloute with barley flour, garnish with dice of spring vegetables, cooked macaroni and cream and egg liaison.
- ▶ **Veloute Indienne**- Veloute supreme with coconut milk flavored with curry powder, garnished with rice.
- ▶ **Veloute Princesse**- equal quantity of chicken veloute and asparagus puree, garnish with dice of chicken and asparagus heads and pluches of chervil and cream.

(D) Chowder soups:

It is originated from America, similar to a stew made of meat, fish, sea food or vegetable and thickened with potatoes.

-Mainly these soups are made up of sea foods ,

-It can be milk or tomato based .

-Crackers are added just before serving

- ▶ Some chowder soups are:- prawn chowder, clam chowder, pork chowder, oyster chowder.



(E) Bisque soups:

This is thick fish soups mainly made by shellfish puree soups thickened with rice or cream.

Small cooked shellfish dices

floating , small amount of wine is added to enhance the flavor



Some bisque soups are:- Cray fish bisque, lobster bisque,

(F) Coulis soups :

A term coulis often used for thick soups made with a puree of shellfish and liqued puree of chicken , game etc.

Special or miscellaneous soups

Cold soups

served chilled and jellied by the natural, gelatin in the meat stock or by addition of gelatin powder or thickened with a starch or puree.

These soups are popular in summers

Some cold soups are:

- ▶ **Consomme Madrilene**(garnishing with tomato dices and green peas) – is popular cold consommé
- ▶ **Vichyssoise** – it is a rich cream of potato soup garnished with chopped chives.
- ▶ **Cold fruit soup**- Scandinavians love this soup contains a blend of assorted fruit and juices usually garnished with mint.
- ▶ **Andalouse gazpacho**- it is a refreshing tomato and cucumber soup with a garnish of thin strips of pimentos, cumin seed for flavour accompanied with croutons.
- ▶ **Veloute de volaille froid**- prepare chicken veloute and serve cold.
- ▶ **Gelee de volaille** - strong chicken/ consommé with dices of tomatoes and pimentos. Served very chilled.

International soups

these are famous from their origins or they are originated in a certain locality and associated with that particular place.

Crecy soup originated when nothing was available at the site of the battle of crecy, the carrots that were grown in the land were taken and cooked.

Some international soups are:

▶ Minestrone	:	Italy
▶ Mulligatawny	:	India
▶ Green turtle soup	:	England
▶ French onion soup	:	France
▶ Cock-a-leekie	:	Scotland
▶ Gazpacho	:	Spain
▶ Manhattan clam chowder	:	America
▶ Camaro	:	Brazil
▶ Laberkroedel	:	Germany
▶ Hotch pot flamanda	:	Belgium

▶ **Convenience soups**

These are marketed in dried liquid or frozen form, they are available in many varieties the soups are sold in cans or bottles, some in ready to use form and others in concentrated forms.

- ▶ These liquid soups can be classed as deluxe eg. Turtle , kangaroo's tail, oxtail etc.