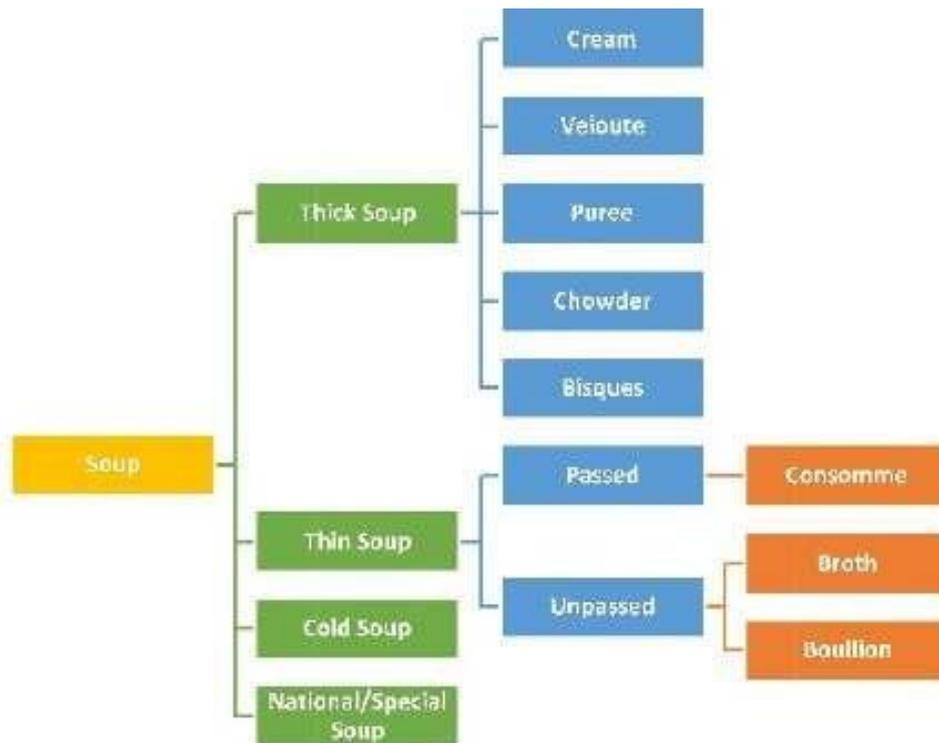


UNIT 1: SOUPS

CLASSIFICATION OF SOUPS

Soups can be classified into three main categories:



Clear/Thin Soups:

These soups are based on a clear, un-thickened broth or stock. They may be served plain or garnished with a variety of meats and vegetables.

1. **Broth and Bouillon** are two terms used in many different ways, but in general they both refer to simple, clear soup without solid ingredients. Broth is the flavourful liquid obtained from simmering meat and/or vegetables, and is often the base for another soup.

2. **Vegetable Soup or cut vegetable soup** is a clear, seasoned stock or broth with the addition of one or more vegetables and sometimes meat or poultry products and starch to lightly thicken and give body to the soup.
3. **Consommé** is a rich flavourful stock that has been clarified to make it perfectly clear and transparent. Far from being a plain cup of soup, a well-made consommé is considered the greatest of all soups. Its sparkling clarity is a delight to the eye, and its rich, full flavour, 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 by a thickening agent such as a roux, or by pureeing one of the ingredients to provide a heavier consistency, they may be served passed or unpassed.

1. **Cream Soups** are soups that are thickened with roux, beurre Manie or liaison. Cream soups are usually named after the main ingredient such as Cream of Chicken or Cream of Tomato.
2. **Purees** are soups that are naturally thickened by pureeing one or more of their ingredients. They are not as smooth or creamy as a cream soup. Purees are normally based on starchy ingredients like dried peas or from fresh starchy ingredients like potato. Purees may or may not contain milk or cream.
3. **Bisques** are thickened soups made from shellfish. They are usually prepared like cream soups and finished off with cream.
4. **Veloutés** are thick soups made with stock, liaison, roux and a flavouring. Are similar to cream soups but are much richer.
5. **Chowders** are hearty soups of American origin and are made of fish, shellfish and/or vegetables. Although they are made in different ways, they usually contain milk and potatoes. Processed pork products like ham, bacon or dried sausages are also added. There is also a version based on tomatoes. Cheese also features prominently in chowders.
6. **Potage** is a term sometimes associated with thick, hearty soups, but is actually a general term for soup. A clear soup is called potage Clair in French.



SPECIALITY AND TRADITIONAL/ INTERNATIONAL SOUPS

The following are traditional soups from different parts of the world. Find out which countries they come from:

Olla Podrida - Spain

Petite Marmite - France

Minestrone - Italy

Mulligatawny - India (Tamil Nadu)

Green Turtl - England

Paprika - Hungary

Camaro - Brazil

Laberkroedel - Germany

soup de Avgolemonos - Greece

Hot Pot fllamanda - Bellgium

COLD SOUPS

In the classification of soups, cold soups hold their special space due to their refreshing flavour and aroma. In western context cold soups are often termed as summer delights and usually consumed every day.

Some of the International acclaimed classical cold soups are like:

- Vichysoisse
- Gazpacho



Apart from these classical varieties lot of other creative and nourishing soups ideas are also being followed in culinary world like:

- Avocado Soup.
- Okroshka (Chilled Buttermilk Soup with Herbs)
- Chilled Yogurt and Chickpea Soup.
- Cold Yogurt and Herb Soup with Chickpeas.
- Spinach, Chive, and Yogurt Soup with Grilled Scallions.
- Cucumber and curd soup.
- Coconut and beetroot soup.
- Chilled Macadamia Gazpacho with Cured Asparagus.

SERVICE OF SOUPS

The standard portion size for soup is 6 to 8 oz. (200 to 250 ml) Serve hot soups piping hot in soup cups or bowls

Serve cold soups chilled in chilled cups or ideally, nesting in a container of crushed ice.



GARNISHES AND ACCOMPANIMENTS:

Soup garnishes may be divided into three groups:

1. Garnish in the soup: Major ingredient of the soup such as vegetables, poultry cut into small dices can be considered a garnish. Consommés are normally named after their garnish. Consommé Julienne is garnished with julienne of vegetables.
2. Toppings: Thick soups are normally decorated with a topping. This could be a simple swirl of cream or chopped parsley, dill leaves or mint. Also included in this category are toasted sliced almonds, croutons, grated cheese, and crumbled bacon. Clear soups are rarely served with a topping.
3. Accompaniments: Bread rolls, slices and sticks, cheese straws, melba toast, corn chips and cream cracker biscuits are all popular accompaniments for soup along with butter.



RECIPES

Cream based soup:

STANDARD RE CIPE OF: _____ CREME DE TOMATE _____					
NUMBER OF PORTION: _____ 1 LTR PORTION _____					
SR NO	INGREDIENTS	QUANTITY	UNIT	PRICE	AMOUNT
0	BUTTE R	30 GM			
1	BAY LEA F	1 NO			
2	BLACK PEPPE R CORN	6 NO			
3	MIREPOIX	100 GM			
4	BASIL LEAVES	2 GM			
5	THYM E	1 GM			
6	DICED TOM ATOES	400 GM			
7	TOMATO PUREE	80 GM			
8	WATE R	1.5 LITRE			
9	SALT	10 GM			
10	BECAHM EL	50 GM			
11	FRESH CR EAM	30 ML			
12	CROUTO NES	20 GM			
	Mehod				
<ol style="list-style-type: none">1. HEAT BUTTER IN A VESSEL, ADD BAY LEAF AND BLACK PEPPER CORN, SAUTE MIREPOIX IN IT AND ADD BASIL LEAVES.2. ADD THYME,SALT AND DICED TOMA TOES WITH TOMATO PUREE AND WATER.3. BLEND EVERY THING TOGETHER, AND SIEVE 2 TIMES, MIX BECHAMEL AND BRING TO A BOIL.4. CORRECT SEASONING AND TEXTURE , SERVE HOT GARNISHED WITH CRUTONES AND DASH OF CREAM. <p>FOR CROUTONES:TOSS CUBED BREAD IN OIL, SEASONING AND FINE CHOPPED GARLIC, TOAST IN SALAMANDER TILL CRISP AND GOLDEN BROWN.</p>					



Puree based Soup

STANDARD RECIPE OF: _____ POTAGE ST. GERMEN _____					
NUMBER OF PORTION: _____ 1 LTR PORTION _____					
SR NO	INGREDIENTS	QUANTITY	UNIT	PRICE	AMOUNT
0	BUTTER	25 GM			
1	BAY LEAF	1 NO			
2	BLACK PEPPER CORN	5 NO			
3	GARLIC	10 GM			
4	ONION	30 GM			
5	REF. FLOUR	5 GM			
6	FRESH MINT LEAVES	1 GM			
7	BACON RASHER	3"PIECE	DESIRED		
8	POTATO TRIMMINGS	20 GM			
9	GREEN PEA	100 GM			
10	DRY THYME	1 GM			
11	STOCK	1.5 LITRE			
12	SEASONING	2 GM			
13	FRESH CREAM	50 ML			
IN A VESSEL HEAT BUTTER, ADD BAY LEAF AND BLACK PEPPER CORN, SAUTE GARLIC AND ONION, ADD REF FLOUR FRESH MINT LEAVES AND BACON RASHER, COOK A BIT.					
ADD POTATOES TRIMMING, GREEN PEA WITH DRY THYME AND STOCK, BOIL ONCE.					
BLEND WELL IN A BLENDER AND SIEVE ONCE.					
RE BOIL THE LIQUID AND CORRECT THE SEASONING, ADD FRESH CREAM AND MIX WELL, REMOVE AND SERVE HOT GARNISHED WITH MINT LEAVES AND FEW DROPS OF FRESH CREAM.					



Chowder Soups

STANDARD RECIPE OF: _____ CHOWDER AU CREVETTES _____					
NUMBER OF PORTION: _____ 2 PORTION _____					
SR NO	INGRE DIENTS	QUANTITY	UNIT	PRICE	AMOUNT
0	BUTTER	30 GM			
1	BAY LEAF	1 NO			
2	BLACK PEP PER CORNS	6 PC			
3	WHITE M IREPOIX	80 GM			
4	SHRIMP SHEL LS AND HEAD	100 GM			
5	SHRIMP FLESH	80 GM			
6	THYME	1 GM			
7	WHITE WINE	30 ML			
8	REF F LOUR	10 GM			
9	POTATO TRIMMING	50 GM			
10	WATER (SHEL L FISH STOCK)	1.5 LTR			
11	SEASO NING	2 GM			
12	SMALL CUBE D POTATOES	15 GM			
13	FRESH CREAM	100 ML			
14	CHOPPED PARSLEY	1 GM			
15	DILL L EAVES	1 GM			
<ol style="list-style-type: none">1. HEAT BUTTER IN A VESSEL, ADD BA Y LEAF AND BLACK PEPPER CORNS, TOSS IN THE MIREPOIXAND SAUTE WELL2. ADD SHRIMP SHELLS AND SAUTE TI LL THEY TURN RED, ADD SHRIPM FLESH, THYME A ND WHITE WINE, STIR WELL ADD REF FLOUR AND COOK FOR A MINUTE, ADD STOCK/WATER.3. BOIL THE LIQUID TO EXTRACT FLAV OUR AND SIEVE, BRING THE LIQUID TO BOIL AND ADD CUBED POTATOES.4. CORRECT THE SEASONING AND TEXTURE OF THE SOUP, ADD FRESH CREAM AND GARNISH WITH CHOPPED					

**Broth based Soups:**

STANDARD RECIPE OF: _____ CHICKEN BROTH WITH VEGETABLES _____					
NUMBER OF PORTION: _____ 1 LTR PORTION _____					
SR NO	INGREDIENTS	QUANTITY	UNIT	PRICE	AMOUNT
0	CHICKEN WITH SKIN	300 GM			
1	WATER	1.5 LITRE			
2	CHICKEN STOCK CUBE	2 CUBE			
3	CAB BAGE	10 GM			
4	BOK CHOY	10 GM			
5	GREEN C ORIANDER	1 GM	THINLY SLICE D OR		
6	CAR ROT	20 GM	JULLIENNES		
7	R/Y/G/ PEPPERS	20 GM			
8	MUSHROOM	10 GM			
9	SPRING ONION	5 GM			
10	SEAS ONING	2 GM			
<ol style="list-style-type: none">1. BOIL THE CHICKEN IN WATER ON A SLOW FLAME, ADD CHICKEN STOCK CUBE TO STRNGHTEN THE FLAVOUR. REMOVE FLESH OF CHICKEN AN D SHRED, DISCARD THE BONES , SEASON AND SIEVE, RE BOIL AND USE.2. CUT VERY THIN JULLIENNES OF VEGIES, PLACE IN A SOUP BOWL, POUR THE B OILING CHICKEN LIQUID AND SERVE HOT.					



Veloute based soups:

STANDARD RECIPE OF: _____ VELOUTE DEM BLANCHE _____					
NUMBER OF PORTION: _____ 1 LTR PORTION _____					
SR NO	INGREDIENTS	QUANTITY	UNIT	PRICE	AMOUNT
0	BUTTER	30 GM			
1	BAY LEAF	1 NO			
2	BLACK PEPPER CORNS	2 GM			
3	WHITE MIREPOIX	100 GM			
4	DRY THYME	1 GM			
5	REF. FLOUR	5 GM			
6	CHICKEN STOCK	1.5 LITRE			
7	BLANCHED ALMOND PASTE	30 GM			
8	SEASONING	1 GM			
9	LIASON	30 ML			
	CHICKEN QUENNEL				
10	CHICKEN MINCE	100 GM			
11	BEATEN EGG	25 ML	BLEND EVERY		
12	FRESH CREAM	30 ML	THING IN A		
13	MIXED HERBS	1 GM	BLENDER TO A		
14	SALT	1 GM	SMOOTH PASTE		
15	GARLIC	1 GM			

1. HEAT BUTTER IN A VESSEL, ADD BAY LEAF, PEPPER CORN AND MIRE POIX, ADD REF. FLOUR AND DRY THYME,
COOK FOR 2 MINUTES AND ADD CHICKEN STOCK, BOIL ONCE AND REDUCE THE FLAME.

2. ADD ALMOND PASTE AND MIX WELL.

3. SIEVE THE SOUP, CORRECT THE SEASONING AND TEXTURE AND REMOVE FROM FIRE.

4. MAKE QUENNEL OF CHICKEN PASTE, HEAT SOUP AND DROP QUENNEL IN IT, LET THEM BOIL FOR 3 MINUTES.

5. ADD LIASON IN SOUP WITH QUENNEL IN IT, AND SERVE HOT.



Shrimp bisque:

STANDARD RECIPE OF: _____ SHRIMP BISQUE _____					
NUMBER OF PORTION: _____ 2 PORTION _____					
SR NO	INGREDIENTS	QUANTITY	UNIT	PRICE	AMOUNT
1	BUTTER	30 GM			
2	GARLIC	10 GM			
3	LEEK	30 GM			
4	CELERY	30 GM			
5	ONION	50 GM			
6	BAY LEAF	1 NO			
7	DRY THYME	1 GM			
8	BLACK PEPPER CORNS	1 GM			
9	SHRIMP SHELLS	150 GM			
10	TOMATO PUREE	50 ML			
11	BOILED RICE	40 GM			
12	SWEET PAPRIKA POWDER	1 GM			
13	WATER	500 ML			
14	FRESH CREAM	30 ML			
15	LEMON JUICE	10 ML			
16	SHRIMP FLESH	50 GM			
17	SHRIMPS WHOLE	50 GM	(BOILED)		
18	CHIVES	5 GM			

1. IN A COOKING POT , ADD BUTTER AND SAUTE FIRST 9 INGREDIENTS TOGETHER TILL SHELLS ARE RED.
ADD TOMATO PURRE , BOILED RICE , PAPRIKA POWDER, FRESH CREAM, WATER, SHRIMP MEAT AND LEMON JUICE.

2. BRING EVERY THING A BOIL , REDUCE AND LET IT SIMMER FOR NEXT 30 MINUTES, BLEND AND SIEVE.

3. CORRECT SEASONING AND THICKNESS, SERVE GARNISHED WITH BOILED SHRIMPS AND CHOPPED CHIVES.