

## SOUP:

### Introduction:-

Soup is a liquid food consisting of meat, sea-food, vegetable, cereals, poultry etc. They play an important role on the menu and are regarded as appetizer as they stimulate the appetite for the heavier food to follow. On the menu they are served as the first course, if hors d'oeuvre is not being served. If hors d'oeuvre is served then the soup is served as a second course.

### *Special point for the service and preparation of soup:*

- i. Special first class clean, strong flavourful stock should be used as it would help in producing good first class soup.
- ii. If there is a heavy Entrée, the soup should be thin or light.
- iii. If a heavy soup is served, the portion should be small.
- iv. Garnish should be small and dainty so that they can be picked up easily by a soup spoon.
- v. Serve hot soup piping hot, and cold soup is very cold or chill.
- vi. Accompaniment of the soup should be of a crispy characteristic (Melba bread/toast, various crackers, bread sticks, bread rolls etc.)

Sl No.	Soup Classification	Base	Passed/ Unpassed	Finish	Example
1	Clear	Stock	Passed	Usually garnish	Varieties of consommé
2	Broth	Stock and cuts of vegetables	unpassed	Chopped parsley	Minestrone and scotch broth.
3	Puree	Stock, fresh vegetable	Passed	Croutons	Lentil and potato related soup.
4	Velouté	Blond roux, veg, and stock	Passed	cream	Chicken velouté
5	Cream	Stock and veg. puree & white sauce	passed	Cream and milk	Cream of mushroom cream of chicken.
6	Bisque	Fish stock and shell fish	Passed	Finish with cream	Lobster
7	Chowder	Milk,	Passed	Cream	Oyster

		cream, potato etc.			chowder. Sea food chowder.
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## Consommé:

### What is consommé?

The consommé comes from the word 'consummate' which means to bring to complete or perfect. It is a clear soup which is prepared from beef, chicken stock, and garnish with varieties of ingredients. This can be served hot or chilled, consommé take its name generally from of the garnish for example- Consommé Julienne:- Julienne cuts of vegetable,.

### Basic consommé (1 lit):

SL. No.	Ingredients	Quantity
01	Minced meat	225gm.
02	Onion	70gm.
03	Carrot	50gm.
04	Turnips	30gm.
05	Stock	½ lit
06	Egg white	2 no.
07	Celery	40gm.
08	Thyme	¼ tsp
09	Bay leaf	1 no.
10	Pepper corns	3-6 no.

### Method:

Mix minced meat and chopped onions, carrots, turnips, celery and mix well with egg whites. Add cold stock, thyme, bay leaf and pepper corns. Then put on fire and go on stirring so that the ingredients do not stick to the bottom of the pan and the articles are suspended. When the mixture starts boiling then control the temperature. And let it simmer until the coagulated mass comes to the top. Simmer for ½ hour. When the consommé is clear and tasty then strain through a double muslin cloth and adding the seasoning agent.

### Variation of consommé:

SL. NO.	Name	Garnish
01	Consommé Royal	Dice of savoury, egg custard.
02	Consommé Julienne	Julienne cuts of vegetables.

03	Consommé Brunnoise	Small dice cuts of veg. (2mm)
04	Consommé Celestine	Julienne cuts of thin pan cake.
05	Consommé vermicelli	Fine noodles.
06	Consommé entasse	Lightly jelly with gelatin.
07	Consommé Breton	Julienne cuts of celery, onions lack.
08	Consommé Daubery	Floweret's of caulis flower
09	Consommé Madrilène	Dice cuts of tomato and green peas.
10	Consommé st. German	Green peas.
11	Consommé cereals	Rice and barley.
12	Consommé Paysanme	Uniform size cuts of fresh vegetables.
13	Consommé Diabolism	Diamond cuts of cheese bisque.
14	Consommé Aurora	Tomato puree and tapioca.
15	Consommé Caroline	Dry cook rice.
16	Consommé Hungarian	Paprika powder and sauté tomato.
17	Consommé Leopold	Semolina, Julienne of chervil.
18	Consommé Egg-drops	Beaten egg.
19	Consommé Thunderstone	Slice mushroom.
20	Consommé Florentine	Julienne cuts of spinach.
21	Consommé Washington	Sweet corn.
22	Consommé Permentiere	Potato
23	Consommé A 'l' Agnon	Golden brown onion.

### Thick Soup:

*Puree (Passed)*:- A soup thickens by its main ingredient and passed through a sieve. Milk or little bit of flower blended with and is added to prevent the puree from separately but not as a thickening. The consistency of the soup should be light creamiest. Generally served with croutons.

Example: - Puree-de-lentils, Puree-de-tomato.

*Cream soup*: - A soup cream consistency which generally made by vegetable, puree mixture with béchamel sauce. It can be finished with cream and milk is used to dilute and achieve the correct consistency.

Example: - Various cream soup like cream of tomato, cream of chicken, cream of asparagus.

*Valuate soup*:- A thick made from white stock and blond roux, finish with egg yolk and cream.

Example: - Chicken valuate, almond valuate.

*Bisque soup*:- This are thicken tight fish related soup. Basically made from shellfish and finish stock and thicken with cream.

Example: - Lobster Bisque, Chowder Bisque.

(Note: - A small amount of wine is added to enhance the flavour for bisque soup preparation.)

*Chowder soup:* - Originated from America. They are thick heavy soup, welling their consistency of potato and chowder consists of potato, onion, pieces of bacon and various seasoning sea food. They can be milk or tomato base.

Example: - Clam chowder, sea-food chowder, oyster chowder.

*Cold soup:* - Chilled soup includes those soups that are gelatin by the natural gelatin powder or those that are thicken with starch or puree. Cold consommé madrilène is popular and which is served cold and garnish with chopped chives.

Exam: - Andalusia gazpacho is a refreshing tomato and cucumber soup with a garnish of thin strips of pimentos, cumin seeds for flavour, accompanied with croutons.

*International soup:* - There are many varieties of cold or hot, thin or soup and they have been placed in a special category and different origin. There are soups that originated in certain location and are associated with the particular place.

Name of International soup and origin:

SL. NO.	NAME	ORIGIN
01	Minestrone	Italy
02	Green turtle soup	England
03	French onion soup	French
04	Mulligatawny	India
05	Manhattan-clam-chowder	America
06	Camano	Brazil
07	Paprika	Hungary
08	Gazpacho	Spain
09	Clam chowder	New England
10	Petitemarmete	French