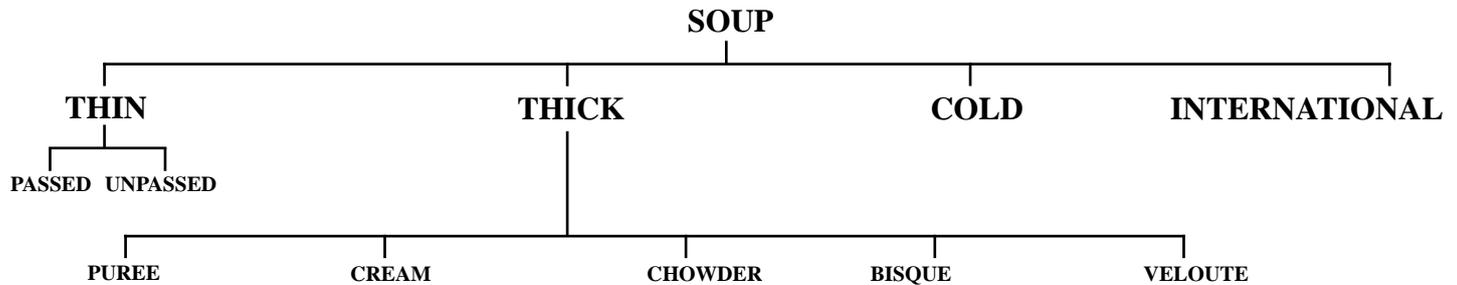


# SOUP or POTAGE

**Definition :-** A soup is a liquid complete food which is the extract of meat, fish, poultry & games, seafood, vegetables etc, generally served at the beginning of a meal to stimulate appetite.

The term soup covers an astonishingly wide range of liquid dishes, ranging from thin, light, consomme to thick hearty stews containing chunks of meat and vegetables which serves as a meal in themselves. Soups are ideal for using up small quantities of leftovers - just put them in a blender or food processor with some stock or other flavoursome liquid - but, may also require time and skill to create perfect flavour and texture.

## Classification of Soups



**Consomme (Thin Passed)** - It is a clear clarified soup generally gets the name from it's garnish. e.g. - Consomme Juliene, Consome Brunoise etc.

**Recipe - To produce 1ltr. of Consomme**

Minced Lean Beef	-	225gms.
Mire-poix of vegetables	-	150gms.
Egg	-	2nos.
Beef Stock	-	1.5ltrs.
Bouquette Garni	-	25gms.

**Procedure :-** In a container first mix all the ingredients along with the shells of the eggs except the egg yolk & stock. After mixing it thoroughly add lukewarm beef stock. Put it on the range and bring it to the boiling temperature. Remove the pan but keep the pan in such a manner so that the heat will be only at one corner side. Simmer the temperature. Keep it on this way at least for 2hrs. When the raft will go down, on the top, the crystal brown coloured consomme is ready. Strain the consomme in such a way that the raft will not break.

**Broath (Thin Unpassed)** - A little cloudy soup contains all types of vegetables, meats, chicken etc, and lightly thickened with some starch or whole barley e.g. Scotch Broath, Minestrone etc.

**Recipe - To produce 1ltr. of Minestrone**

Payassane cuts of vegetables	-	300 gms.
Butter	-	50 gms.
Garlic	-	10 gms.
Cut Macaroni	-	30 gms.
Tomato	-	100 gms.
Tomato Puree	-	50 ml.
Parsley	-	5 gms.
Bouquette Garni	-	10 gms.
White Stock	-	1.2 ltrs.
Seasoning	-	As Reqd.
Grated Cheese	-	15 gms.

**Procedure :-**

1. Add butter in a pan and melt it.
2. Add chopped garlic and saute it. Add the vegetables and saute it.
3. Add the white stock and bring it to the boiling point, and add the macaroni. Boil it, nicely.

4. Add tomato and tomato puree.
5. Cook it until it is properly cooked.
6. Season it.
7. Garnish it with grated cheese and chopped parsley.

**Puree** :- A soup thickened by its main ingredients. e.g. Puree De Legumes.

**Cream** :- A puree soup thickened by Bechamel Sauce and finished with cream. e.g. Cream De Tomate.

**Recipe** :- **To produce 1 ltr. of Cream de Tomate**

Butter	-	50 gms.
Bacon	-	25 gms.
Mire Poix of Vegetables	-	200 gms.
Tomato	-	200 gms.
White Stock	-	1 <sup>1</sup> / <sub>4</sub> ltrs.
Refined Flour	-	50 gm.
Bouquette Garni	-	As Reqd.
Salt	-	As Reqd.
Peppercorn	-	As Reqd.
Croutons	-	To Garnish
Cream	-	25 ml.

**Procedure** :-

1. Take some butter in a pan and melt it.
2. Add chopped garlic and saute it and then add the mire-poix of vegetables, bouquet garni, bacon for saute.
3. Add white stock and cook it until the vegetables are half done.
4. Add the tomatoes and tomato puree and cook it.
5. Add the Beurre Manie
6. Add the seasoning.
7. Remove it and strain it.
8. The solid part should be liquidised through the mixer and again mix it after restraining into the liquids.
9. Garnish with double cream and crouton.

**Bisque** :- It is a shellfish soup thickened with rice and finished with cream and white wine. e.g. Bisque d'Homard.

**Recipe** :- **To produce 1 ltr. of Bisque d'Homard**

Tiger Prawn	-	400 gms.
Butter	-	75 gms.
Mire-poix of vegetables	-	200 gms.
Tomato	-	100 gms.
Tomato Puree	-	50 ml.
Fish or White Stock	-	1 <sup>1</sup> / <sub>4</sub> ltrs.
Brandy	-	50 ml.
White Wine	-	50 ml.
Cream	-	100 ml.
Seasoning	-	As Reqd.
Bouquette Garni	-	As Reqd.
Garlic	-	10gms.

**Procedure** :-

1. Take butter in a pan and melt it.
2. Put the chopped garlic and saute it. Add mire-poix of vegetables and bouquet garni for saute.
3. Add the chopped prawn and saute it.
4. Add fish or white stock.
5. Add tomato, tomato puree and rice, cook it nicely.
6. Strain it and the solid part should be pass through the liquidiser and agin mix it to the strained liquid.
7. Reheat and season it.
8. Finish it with cream, brandy and white wine.

- Veloute** :- It is a soup basically made with blond roux and stock. Garnish with egg yolk and cream liaison. e.g. Veloute de Volaille.
- Chowder** :- Originated from America. The main ingredients are vegetables, bacon, sea-food etc. Thickened with potato. e.g. Cabbage Chowder.

## Serving Soups

When serving soup as a starter, allow about 150 - 200 ml per person, depending on how substantial it is. For soup that is a meal in itself, allow about 250 - 300 ml. depending on appetites and the ratio of solids to liquid.

Hot soups should be served piping hot, unless it is served with cream added which would curdle. Warm the soup bowls well and, if possible, do not pour it out until the last minute

Chilled soup should not be so cold that its flavour is masked.

## Accompaniments for Soups

Some soups have a traditional accompaniment like the croutons and grated cheese that are served with French Onion soup, others such as Vichyssoise, can look pale and bland unless garnished with chopped chives or parsley. Most soups especially those served in wide soup plates, look better garnished, while others can be bulked out or given a contrasting texture by adding an accompaniment.

1. Croutons - Makes a soup more substantial and can be served fried or toasted.
2. Cream of Yogurt - Swirled on top of a soup just before serving looks more attractive.
3. Rice and Pasta - Makes soup more substantial.
4. Fried Vegetables - Such as onion rings, chopped leeks and slices mushroom add colours.
5. Bacon Rashers - Sprinkled over a soup to add flavour and texture.
6. Fresh Vegetables - Used to give the name of a soup and it is best with cold soup.
7. Fresh Herbs - Give the best of flavours.
8. Melba Toast - It is a popular accompaniment which make a change from bread rolls.