

Culinary Art

Level-II

Based on March 2022, Curriculum Version I



Module Title: Preparing stock, Sauces and Soups

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Introduction to the Module

In culinary art filed: Prepare Stock, Sauce and Soups helps to prepare to prepare various stocks, sauces and soups in a commercial kitchen or catering operation. Stocks, sauces and soups can be classical or contemporary and be from varying ethnic and cultural origins.

This module is designed to meet the industry requirement under the culinary art occupational standard, particularly for the unit of competency: - Prepare Stock, Sauce & Soups.

This Module covers the units:

- Preparing stocks, required for menu items
- Preparing mother sauces required for menu items
- Preparing soups required for menu items
- Storing and reconstitute stocks, sauces and soups

Training objectives of the Module

- Prepare stocks, required for menu items
- Prepare mother sauces required for menu items
- Prepare soups required for menu items
- Store and reconstitute stocks, sauces and soups

Module Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the information Sheets
4. Accomplish the Self-checks
5. Perform Operation Sheets
6. Do the “LAP test”

Unit one: Preparing Stocks, required for Menu items

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Identifying tools and equipment to prepare stocks
- Selection of ingredients.
- Preparing variety of stocks

This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Identify tools and equipment to prepare stocks
- Select, measure, assemble and wash ingredients.
- Prepare variety of stocks according to the recipe

1.1. Identifying tools and equipment

1.1.1. Basic Tools and Equipment's

Digital scales :-are designed to measure the weight of an ingredient. To use a digital scale, you need to put the ingredient on the electronic surface. The weight can be read on the electronic or analog display then. Weight measurements are more accurate than volume measurements.



Fig.1.1. Digital Scale

A **kitchen stove**, often called simply a stove or a cooker, is a kitchen appliance designed for the purpose of cooking food. Kitchen stoves rely on the application of direct heat for the cooking process and may also contain an oven, used for baking



Fig.1.2. Kitchen Stove

Stock pot is a generic name for one of the most common types of cooking pot used worldwide. A stock pot is traditionally used to make stock or broth, which can be the basis for cooking more complex recipes. It is a wide pot with a flat bottom, straight sides, a wide opening to the full diameter of the pot, two handles on the sides, and a lid with a handle on top



Fig.1.3. Stock Pot

Skimmer:- is a flat, sieve-like scoop or spoon used for skimming cooking liquids



Fig.1.4. Skimmer

Strainer is most used to strain liquids away from other ingredients but also to occasionally sift fine ingredients away from larger ingredients. The Strainer may be formed as a spoon-shaped utensil or a basket-shaped strainer from various materials such as metal, nylon or cloth.



Fig.1.5. Strainers

1.2.Selection of Ingredients.

1.2.1. Definition of Stock

The French word for stock is fond, meaning bottom, ground, or base. Since the 16th century, the quality of sauces and soups has depended upon the stocks that are used as their base. Learning the skill of making stocks will allow you to build sauces and soups on a strong foundation. A stock is the liquid that forms the foundation of sauces and soups. Simmering various combinations of bones, vegetables, and herbs extracts their flavors to create this foundation

The quality of the stock will depend on the quality of the ingredients used to produce and the skill and expertise of the cook making the stock.

Good quality ingredients can be used but if bad practices are used then the quality will not be in the stock.

Stocks found in the kitchen:

- Chicken stock
- Fish stock
- Veal stock
- Stock syrup
- Master stocks.
- Beef stock
- Vegetable stock
- Game stock
- Convenience stock

These are the basis of all sauces and soups used in the kitchen. Casseroles and braises will also have stocks added for extra flavour.

From these basic stock basic ‘mother sauces’ will be made and derivatives sauces will be made from the mother sauces.

A good quality stock is required to:

- Good quality ingredients
- Skill and Expertise of staff
- Time.

Some stocks can be made in 20 minutes cooking time while others may take 8-12 hours to extract the flavours and structural ingredients that are required in a good stock.

A good stock is required

A. Structural component attributes is the gelatine that is acquired from the collagen. When collagen is cooked in water for long periods of time it will break down and dissolve into the liquid and form gelatine.

This gelatine will cause liquids to set or solidify when cooled. The amount of gelatine to liquid will determine the density of the gel and how hard the liquid will set.

B. Flavour is extracted from the flesh that is still attached to the bones, when bones are used and also from the extras that are used to make stocks.

Extras might include vegetables and aromatics which are added for their flavour and aroma attributes.

C. Clarity is the purity that can be obtained when some stocks are made and correct processes have been followed. If boiled too much rather than just poaching calcium can leach from bones and so 'cloud' the stock making the stock unclear.

Stocks will be cooked for various times:

- Fish stocks 20 minutes
- Chicken stocks 2-4 hours
- Beef stocks 8-12 hours.

1.2.2. Elements of a Stock

A stock is composed of four ingredients: the nourishing element, mirepoix, bouquet garni, and liquid. These ingredients are usually mixed in the following proportions to make most stocks:

- 5 parts nourishing element
- 1 part mirepoix
- bouquet garni
- 10 parts liquid

A. Nourishing Element

The most important ingredient in a stock is the nourishing element. A nourishing element includes any one or a combination of the following:

- Fresh bones (beef, lamb, chicken, fish, veal, or game)
- Meat trimmings
- Fish trimmings for fish stock
- Vegetables for vegetable stock

The nourishing element provides flavor, nutrients, and color. Some nourishing elements may bring other benefits to the stock, such as bones, which add gelatin.



Fig.1.6. Fresh bones

B. Mirepoix

Mirepoix (mir=pw&) is a mix of coarsely chopped vegetables that is used in a stock to add flavor, nutrients, and color. The ingredients vary with each recipe, but usually include two parts onions, one part celery, and one part carrots.



Fig.1.7. Mirepoix

C. Bouquet Garni

French for garnished bouquet, a bouquet garni is a combination of fresh herbs and vegetables, such as carrots, leeks, celery, thyme, and parsley stems, that are tied in a bundle with butcher's twine. This bundle is added directly to the liquid and is allowed to simmer. The bouquet garni is removed before the stock is used in other foods.



Fig.1.8. Bouquet Garni

- **Sachet d'épices:** Cheesecloth , Parsley stems, dried thyme, bay leaf, cracked peppercorns



Fig.1.9. Sachet

D. Liquid

Liquid, almost always in the form of water, makes up the largest portion of stock. The liquid used to make stock should be cold when you begin to cook. This brings out the maximum flavor of the ingredients and prevents the stock from turning cloudy. When all the ingredients are prepared, the ratio of liquid to the nourishing element should be 2 to 1.

1.3.Preparing Variety of stocks

Variety of stock is:-White, brown, fish, and vegetable stocks are the main types of stocks. They are sometimes referred to by their French names.

A. White Stock

A white stock is made from chicken, beef, veal, or fish bones simmered with vegetables. White stock is generally colorless while it is cooking. To keep the stock as clear as possible, you may blanch the bones before adding them. However, some chefs think doing so causes flavor to be lost.

White Stock Preparation

1. Cut bones into 3- to 4-inch pieces. Chicken and fish bones do not need to be cut.
2. Rinse the bones in cold water to remove any impurities. You can blanch the bones, if desired. Place the bones in a stockpot.
3. Add cold water until the bones are completely covered. Cold water dissolves impurities and blood in the bones it covers. These impurities will clump and rise to the surface when the water heats, where they can be skimmed off the top. Using hot water will cause the

impurities to clump too rapidly.

This prevents them from rising to the top and results in a cloudy stock.

4. Bring water to a boil. Then, reduce it to a simmer to slowly release the full flavor of the ingredients.
5. To keep the stock clear, use a skimmer or ladle to remove any impurities and fat from the surface. Skim as needed.
6. Add the mirepoix. Boiling makes the stock cloudy, so keep the water at a simmer.
7. Make sure liquid is still completely covering the bones. Bones will not release their flavor unless they are under water, and will darken if exposed to air.
8. For the best flavor, simmer stock for the recommended amount of time:
 - Fish bones: 30-45 minutes
 - Chicken bones: 3-4 hours
 - Beef or veal bones: 6-8 hours
9. Skim all of the impurities and fat from the stock.
10. Strain the stock through a china cap.
11. Cool the stock quickly.



Fig.1.10. White Stock

B. Brown stock

Brown Stock is made from beef, veal, chicken, or game. It gets its color from roasting the ingredients without water, in a hot oven. The browned bones, mirepoix, and tomatoes or tomato product combines to give a brown stock its color. This mixture is then transferred to a stockpot and simmered along with water and herbs.

Brown Stock Preparation

The steps to make white stocks and brown stocks are mostly the same. The main difference is that for brown stocks, the bones and mirepoix are browned by roasting. Follow these steps for brown stock:

1. Cut the beef or veal bones into 3- to 4-inch pieces.

2. Browning is slowed down by moisture, so do not wash or blanch the bones.
3. Place the bones one layer deep in a roasting pan.
4. Roast bones in the oven at 375°F (191°C) or higher for more than an hour, stirring occasionally. Some chefs lightly oil the bones before browning.



Fig. 1.11. Brown Stock

C. Fish Stock

Fish stock is made by slowly cooking the bones of lean fish or shellfish. The procedure to make fish stock is the same as to make a white stock, although the cooking time for fish stock is shorter. If lemon juice or other acids are added to the water, the result is a flavorful liquid called a fumet (fy<-=m@). A fumet is more strongly flavored than regular fish stock since it is reduced by 50%.



Fig.1.12. Fish stock ingredients

D. Vegetable Stock

Vegetable stocks, which do not include meat products, are an important addition to many healthful dishes. In addition, vegetable stock forms the base for many vegetarian and vegan dishes. The basic ingredients of a vegetable stock are vegetables, herbs, spices, and water. Proportions and kinds of vegetables will vary with different recipes. Vegetable stock needs to be

simmered only 30 to 45 minutes. If you want a particular flavor of vegetable stock, use more of that vegetable. Then, add neutral-tasting vegetables such as celery and onions to round out the flavor. All-purpose vegetable stock does not include strongly flavored vegetables, such as artichokes, brussels sprouts, or cauliflower. These vegetables tend to overpower other flavors. Some dark-green, leafy vegetables, such as spinach, develop an unpleasant odor when they are cooked for too long.



Fig.1.13. Vegetable Stock ingredients

1.3.1. Rules of stock making

- Always start the stock in cold water.
- Salt should not be added to the stock.
- Unsound meat or bones and decaying vegetables will give stock an unpleasant flavor and cause it to deteriorate quickly.
- All fat must be removed from bones at the outset, as the stock becomes very greasy and becomes rancid soon.
- Stock should only simmer. If allowed to boil, the agitation of particles of fat cause an emulsification and it becomes milky or cloudy.
- Bouquet garni should be tied to a handle of the stock pot. Cut large pieces of vegetables, should be added later on, as it flavors the stock. If allowed to remain in the pot too long, the vegetables will begin to disintegrate, discoloring the stock.
- The scum should be discarded.
- For storing, the stock should be strained and the liquid should be cooled. No fat should be allowed to remain on surface, as heat is prevented from escaping and may cause the stock to turn, i.e. become sour.
- Stock should be stored in refrigerator or cold room.

- Stocks turn cloudy, if boiled too rapidly and if lid is used and not carefully strained and not skimmed properly.

1.3.2. Evaluating Quality of Stock

Flavor - If the correct procedure and ratio of bones, mirepoix, and aromatics to liquids has been followed, the flavor should be well balanced, rich, and full-bodied.

Color - White stocks and fish fumet should have a very light color that turns translucent. Brown stocks are a deep amber or brown because of the roasting process.

Aroma - The aroma should be appealing but not over pungent. When stock is re boiled it should be tested for sour taste and smell.

Clarity - Most stock, with the exception of vegetable essences and fish fumet, should be almost crystal clear when hot. This is maintained by proper simmering. Never allow the stock to boil continuously, and also skim the stock during the cooking process. Skimming removes the impurities that are trapped by the coagulated albumen that rises to the top during the cooking process.

Self-Check 1	Written Test
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Name: _____ ID _____

Direction I. Write the Short Answers of the following questions

1. Define the following:

A. Sachet d'épices

B. Mirepoix

C. Bouquet garni

2. Describe the four important parts of stock.

3. You are responsible for cooling a large amount of chicken stock. How will you do this?

Operation Sheet 1	Preparing Stocks, required for Menu items
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1.1. Vegetable Stock

Portion 1.5 litre

Ingredients

20 ml	Oil, Olive
100 gm	Leek
150 gm	Fennel, rough chop
100 gm	Carrot, rough chop
100 gm	Onion, rough chop
100 gm	Celery, rough chop
2 lt	Water
2	Star anise
10	Peppercorns, white
10	Coriander seeds
2 sprigs	Thyme, fresh
¼ bch	Tarragon, fresh
¼ bch	Parsley, continental

Preparation

1. Lightly sauté the vegetables in olive oil
2. Add the water and bring to the boil
3. Simmer for 30 minutes
4. Remove from the heat and add the herbs
5. Allow to infuse for 30 minutes
6. Strain.

1.2. Fish Stock

Ingredients

1 kg	Chicken Bones
2 lt	Water
100 gm	Onions
100 gm	Carrot
100 gm	Celery
1	Bouquet garni

Preparation

1. Chop bones, blanch or wash well
2. Cover with water and bring to the boil
3. Skim and simmer
4. Add peeled and roughly chopped vegetables
5. Add bouquet garnish
6. Simmer for 2 hrs, skimming frequently
7. Top up with extra liquid when necessary
8. Strain stock, cool and store appropriately.

1.3. Chicken Stock

Portion – 1 litre

Ingredients

1 kg	Chicken Bones
2 lt	Water
100 gm	Onions
100 gm	Carrot
100 gm	Celery
1	Bouquet garni

Preparation

1. Chop bones, blanch or wash well

2. Cover with water and
bring to the boil
3. Skim and simmer
4. Add peeled and roughly chopped vegetables
5. Add bouquet garnish
6. Simmer for 2 hrs, skimming frequently
7. Top up with extra liquid when necessary
8. Strain stock, cool and store appropriately.

1.4. Brown Beef Stock

Portion – 1.5-2 litres

Ingredients

- 1 kg Veal or beef bones
- 2.5 lt Water (*extra water for topping up*)
- 75 gm Onions
- 75 gm Carrot
- 75 gm Celery
- 1 Bouquet garnish

Preparation

1. Roast bones in the oven until light brown
2. Add mirepoix, continue to roast until both bones and mirepoix are dark brown
3. Place browned bones and mirepoix into pot
4. Discard fat from roasting tray and deglaze with water and add to the pot
5. Cover bones with water and bring to the boil
6. Turn down to simmer, skim and add bouquet garnish
7. Simmer for 8 hours skimming regularly, topping up with water when necessary
8. Strain stock, cool and store appropriately.

LAP Test 1.	Practical Demonstration
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Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 3 hours.

Project.1. Prepare stocks, required for menu items

Task.1.1. Prepare Fish Stock

Task.1.2. Prepare Chicken Stock

Task.1.3 Prepare Brown Beef Stock

Unit two: Preparing mother sauces required for menu items

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Selecting of ingredient
- Using variety of thickening agents and convenience products
- Producing hot and cold sauce
- Seasoning /finishing sauces in color, flavor and in texture

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Select, assemble and wash ingredient to prepare mother sauce
- Use variety of thickening agents and convenience products
- Produce hot and cold sauce
- Season /finish sauces in color, flavor and in texture

2.1. Selection of ingredient

Introduction

“The word *sauce* comes from the French word that means a relish to make food more appetizing. All types of sauces are important in cooking. A good sauce adds flavor, moisture, richness, and visual appeal. Sauces should complement food, not disguise it.

The object or role of the sauce it to:

- Lubricate the product
- Add flavour and interest.

A sauce adds the following qualities to foods:

- Moistness
- Flavor
- Richness
- Appearance (color and shine)
- Interest and appetite appeal

2.1.1. Importance of Sauces

1. A sauce enhances flavour.
2. Sauce like white sauce adds creaminess to firm and food thus giving moistness the food.
3. Sauces like mint sauce, apple sauce with roast pork help in digestion.
4. Sauce add colour to the food.
5. Sauce served as an accompaniment, sometimes gives a contrast taste to another food.
6. Sauce enhances the nutritional value of the dish.
7. Sauce gives tartness and contrasts or balances a food. Example: Devil sauce served with eggs gives appealing tartness.
8. Sauce makes food more palatable

2.1.2. The Structure of Sauce

The major sauces we consider here are made of three kinds of ingredients:

1. **Liquid** A liquid ingredient provides the body or base of most sauces. Most classic sauces are built on one of five liquids or bases. The resulting sauces are called leading sauces or mother sauces

(chicken, veal, or fish)—for velouté sauces

Brown stock—for brown sauce or espagnole (ess pahn yohl)

Milk—for béchamel

Tomato plus stock—for tomato sauce

Clarified butter—for hollandaise

2. **Thickening Agents** A sauce must be thick enough to cling lightly to the food. Otherwise, it will just run off and lie in a puddle in the plate. This doesn't mean it should be heavy and pasty. Chefs use the term nappé (nap pay; from the French napper, meaning "to top") to describe the texture of a sauce that has the right texture to coat foods. Starches are still the most commonly used thickening agents, although they are used less often than in the past.
3. **Other Flavoring Ingredients** Although the liquid that makes up the bulk of the sauce provides the basic flavor, other ingredients are added to make variations on the basic themes and to give a finished character to the sauces. Adding specified flavoring ingredients to basic sauces is the key to the catalog of classic sauces. Most of the hundreds of sauces listed in the standard repertoires are made by adding one or more flavoring ingredients to one of the five basic sauces or leading sauces. As in all of cooking, sauce-making is largely a matter of learning a few building blocks and then building with them.

2.2. Using Variety of Thickening Agents used in Sauces

2.2.1. Thickening Agents

A **thickening agent** or **thickener** is a substance which can increase the viscosity of a liquid without substantially changing its other properties. Edible thickeners are commonly used to thicken sauces & soups.

1. **Roux** – Equal parts flour to fat (clarified butter is traditional). There are three different stages for rouxs including white, blond and brown. Full thickening power is not realized until sauce or soup is brought up to a simmer after the roux is incorporated. For ratios and more detailed guidelines, check out this post on how to make and use a roux.
2. **Liaison** – A mixture of heavy cream and eggs, added just at the end of the cooking process to slightly thicken, but mostly enrich, sauces and soups. The standard ratio for a liaison is 16:1:2. So for every 16 ounces (or one pint) of sauce, you will need 1 egg yolk and 2 ounces of cream. The liaison will be tempered with up to 1/3 of the warm sauce or soup before incorporated. This helps to keep the eggs from coagulating. For more information, check out this post on how to make and use a liaison.

3. **White Wash** – A mixture of water and flour is whisked together into a “slurry” before being incorporated into a sauce. The water helps to hydrate the starch molecules in the flour, preventing the flour from clumping when it hits the hot sauce or soup. This is an extremely poor technique to use. It is only listed here for sake of completeness.
4. **Beurre Manie** – Also known as “The Lazy Chef’s Roux,” Beurre Manie is equal parts of flour and whole butter kneaded together until it forms something like dough. Pieces of this dough are then broken apart and added to simmering sauces or soups to thicken them. It is recommend that you simmer the sauce for at least 20 minutes more to cook out any raw, starchy flavor the flour introduces. Use the same ratios of Beurre Manie that you would a Roux.
5. **Corn Starch** – Has twice the thickening power of flour. Most commonly added to a soup or sauce in a slurry form, using a 1:1 mixture of water to Corn Starch. To thicken a sauce or soup with the consistency of water to a traditional nape stage (coats the back of a spoon), you will need 2 oz of Corn Starch for every 1 qt of sauce or soup. Full thickening power will not be realized until your sauce begins to simmer. Corn Starch has tendency to give sauces a smooth and shinny appearance. It is used extensively in Asian cooking, especially Chinese Cuisine.
6. **Arrow Root**- Very similar to Corn Starch with the same thickening power. It is used exactly in the same fashion as Corn Starch to thicken sauces and soups. Has a much more neutral taste than Corn Starch, but tends to be more expensive. Most commonly added as slurry, and its full thickening power is not realized until the sauce is brought to a simmer.
7. **A sabayon** is a light sauce traditionally made with egg yolks, sugar and wine, normally Marsala. Also known by the Italian name zabaglione, it is believed to have originated in Italy in the 1500s, although there is much speculation about its exact inception.

2.2.2. Convenience foods

Convenience products are used as substitutes for freshly made products, i.e. soups, stocks and sauces. They are meant to save labour and may save some food costs.

While they do not match the quality of freshly made products, they serve a purpose for some larger institutions who appreciate the ‘convenience’ of pre-made products.

Convenience products are particularly useful for ‘emergency’ situations.

Convenience

stocks and boosters

come in several forms, e.g. powder, granules, liquid and blocks or cubes.

They are considered to be useful as a flavour additive, giving strength to a weak flavoured stock or sauce.

From a quality perspective, they can tend to be high in salt and preservatives, which will affect flavour, especially if the instructions are not followed.

If convenience products are being used in dietary cookery, the chef needs to check the ingredients on the label to ensure they are suitable for a particular diet.

Convenience stocks are useful for establishments who do not have the facilities or resources to produce their own stocks.

It should be noted, though, that there are very few commercial kitchens that would not have the required facilities.

The main reason for using convenience products is the cost of ingredients and staff.

Quality convenience products have a legitimate place in the marketplace and industry.

2.3. Producing hot and cold Sauce

- Sauces can be: Hot and cold , Savoury and sweet
 - ✓ Savoury sauce will normally be served with meat, fish and vegetable dishes.
 - ✓ Sweet sauces will normally be served with desserts.
 - ✓ Savoury sauces like Tomato, Worcestershire are normally served cold over hot foods along with pickles and chutneys.
- Cold sauces may be:
 - ✓ Mayonnaise based: which will require refrigeration to prolong the life of the sauce.
 - ✓ Cream based: which will require refrigeration
 - ✓ Sugar based: which is best kept under refrigeration but will not grow bacteria if left out of controlled atmosphere for 24 hours.

Table.2.1. Sauces for Beef

Jus	Reduced beef stock with red wine and aromatics It will have a lot of gelatine from the meats and bones It should have a pleasant mouth feel, if it feels sticky in mouth the consistency is wrong it tastes bitter then method of production has been wrong
Espagnole	Classic French brown sauce. Basis of many classical sauces such as demi glace
Demi Glace	Espagnole and Estouffade (brown beef stock) cooked together
Jus Lie	Thickened brown beef stock using a plain starch like arrowroot
Sauce Bercy	Jus lie with glace de viande
Sauce Diable	Demi glaze with addition of peppercorns, vinegar and white wine

Table.2.2. Sauces for Chicken

Veloute	Chicken stock thickened with blond roux
Sauce Allemande	Veloute sauce with addition of more stock, egg yolks and mushroom trimmings for flavour, reduced and finished with cream and lemon juice
Sauce Aurore	Chicken veloute with tomato concasse, cream and butter added

Table.2.3. Sauces for fish

Veloute	Fish stock thickened with blond roux
Sauce Bercy	Veloute sauce with addition of more stock, shallots and white wine
Sauce au Vin Blanc White wine Sauce	Fish veloute with more stock and white wine and cream added

Table.2.4. Sauces for Vegetable

Béchamel	Milk flavoured with onion and cloves, some nutmeg thickened with blond roux
Sauce Crème	Béchamel with hot butter and cream added
Sauce mornay	Béchamel with cheeses and egg liaison added, cayenne pepper

Egg based Emulsified Sauces

Table.2.5. Cold Emulsified

Mayonnaise	Egg yolks vinegar and vegetable oil whisked together to form an emulsion
Sauce Tartare	Mayonnaise with gherkins, capers and parsley finely chopped mixed through
Thousand Island	Mayonnaise with tomato sauce, gherkins finely chopped with Worcestershire sauce blended though
Sauce Verte	Mayonnaise with finely chopped herbs such as tarragon, spinach, parsley chervil and chives added; Also referred to as Green Goddess dressing

Table.2.6. Hot Emulsified

Sauce Hollandaise	Egg yolks and an acidic liquid whisked together over warm environment to a temperature of up to 60°C then clarified butter is mixed into emulsion
Sauce Maltaise	Hollandaise with orange reduction blended through
Sauce Béarnaise	Made same as hollandaise but with Tarragon in acidic reduction then fresh tarragon finely chopped after sauce is finished
Sauce Choron	Béarnaise with cooked tomato concasse blended through

Table.2.7.Cold Sauces

Beurre Blanc	<p>Acidic butter emulsion</p> <p>An acidic reduction of white wine, stock has butter whisked into it creating an emulsion that clings to the food and add flavour to the dish</p> <p>Served with grilled fish</p>
Anglaise Sauce	Milk, sugar and egg yolks cooked to a temperature of 80°C until it thickens
Fruit coulis	Soft fruits, normally raspberries or strawberries cooked with a small amount of sugar, pureed then strained to remove seeds
Cocktail sauce	Fresh cream with brandy, Worcestershire sauce added then chopped herbs can be added
Sauce Vinaigrette	Vinegar and oil blended together used for salads
Sugar Sauces	<p>Sugar is cooked to light caramel consistency and equal portion of fruit juice is added. Re-boiled to dissolve caramel</p> <p>Thickens upon cooling</p>

2.3.1.Mother Sauces/Grand Sauces

In the culinary arts, the term "mother sauce" refers to any one of five basic sauces, which are the starting points for making various secondary sauces or "small sauces."

A sauce is essentially a liquid plus some sort of thickening agent along with other flavoring ingredients. Each of the five mother sauces is made with a different liquid, and a different thickening agent—although three of the mother sauces are thickened with a roux, in each case the roux is cooked for a different amount of time to produce a lighter or darker color.

1. Béchamel

Béchamel sauce is probably the simplest of the mother sauces because it doesn't require making stock. If you have milk, flour, and butter you can make a very basic béchamel. Béchamel is made by thickening hot milk with a simple white roux. The sauce is then flavored with onion, cloves, and nutmeg and simmered until it is creamy and velvety smooth. Béchamel can be used as an ingredient in baked pasta recipes like lasagna, and also in casseroles.

But it's also the base for some of the most common white sauces, cream sauces and cheese-based sauces. Here are some of the small sauces made from béchamel:

- Cream Sauce
- Mornay Sauce
- Soubise Sauce
- Nantua Sauce
- Cheddar Cheese Sauce
- Mustard Cheese Sauce
- Cheesy Sauce



Fig.2.1. **Béchamel Sauce**

2. Velouté

Velouté sauce is another relatively simple mother sauce, made by thickening white stock with a roux and then simmering it for a while. While the chicken velouté, made with chicken stock, is the most common type, there is also a veal velouté and fish velouté. Each of the veloutés forms the basis of its own respective secondary mother sauce. For instance, chicken velouté fortified with cream becomes the Supreme Sauce. Veal velouté thickened with egg yolks and cream becomes the Allemande Sauce. And the fish velouté plus white wine and heavy cream becomes the White Wine Sauce. Small sauces from velouté can be derived from the velouté directly, or from each of the three secondary sauces. For example:

- Bercy Sauce

- Hungarian Sauce
- Mushroom Sauce
- Aurora Sauce
- Poulette Sauce



Fig,2.2. Velouté Sauce

3.Espagnole: A Basic Brown Sauce

The Espagnole sauce, also sometimes called Brown Sauce, is a slightly more complex mother sauce. Espagnole is made by thickening brown stock with a roux. So in that sense, it's similar to a velouté. The difference is that Espagnole is made with tomato purée and mirepoix for deeper color and flavor. And, the brown stock itself is made from bones that have first been roasted to add color and flavor.

Espagnole is traditionally further refined to produce a rich, deeply flavorful sauce called a demi-glace, which is itself the starting point for making the various small sauces. A demi-glace consists of a mixture of half Espagnole and half brown stock, which is then reduced by half. For a shortcut, you could skip the demi-glace step and make the small sauces directly from the Espagnole. You'll lose some flavor and body, but you'll save time. Here are some examples of small sauces made from Espagnole:

- Lyonnaise Sauce
- Chasseur Sauce
- Bercy Sauce

- Mushroom Sauce
- Madeira Sauce
- Port Wine Sauce



Fig.2.3. Espagnole sauce

4. Hollandaise Sauce

Hollandaise sauce is unlike the mother sauces we've mentioned so far, due to a liquid and a thickening agent, plus flavorings. Hollandaise is a tangy, buttery sauce made by slowly whisking clarified butter into warm egg yolks. So the liquid here is the clarified butter and the thickening agent is the egg yolks. Hollandaise is an emulsified sauce, and we use clarified butter when making a Hollandaise because whole butter, which contains water and milk solids, can break the emulsion. Clarified butter is just pure butterfat, so it helps the emulsion remain stable. Hollandaise sauce can be used on its own, and it's particularly delicious on seafood, vegetables, and eggs. But there are also a number of small sauces that can be made from Hollandaise:

- Béarnaise Sauce
- Dijon Sauce
- Foyot Sauce
- Choron Sauce
- Maltaise Sauce



Fig.1.4. Hollandaise sauce

5. Tomato Sauce

The fifth mother sauce is the classic Tomato sauce. This sauce resembles the traditional tomato sauce that we might use on pasta and pizza, but it's got much more flavor and requires a few more steps to make.

First, we render salt pork and then sauté aromatic vegetables. Then we add tomatoes, stock, and a ham bone, and simmer it in the oven for a couple of hours. Cooking the sauce in the oven helps heat it evenly and without scorching.

Traditionally, the tomato sauce was thickened with roux, and some chefs still prepare it this way. But the tomatoes themselves are enough to thicken the sauce. Here are a few small sauces made from the classic tomato sauce:

- Spanish Sauce
- Creole Sauce
- Portuguese Sauce
- Provençale Sauce



Fig.2.5. Tomato Sauce

2.4. Seasoning sauces in color, flavor and in texture

- Salt is the most primal taste and reduces bitterness
- Bitterness is derived from herbs and spices including tarragon, sage and peppercorn
- Sweet is added with the addition of sugar, butter, and cream
- Butter also adds a savory sensation
- Acidity lifts and lightens the flavor of the sauce on the tongue; a little wine vinegar, wine, or lemon can do the trick
- Umami is the savory taste found in meats, poultry, fish, cheese, tomatoes, and mushrooms

Consistency & Texture

- Thin sauces release aromas that are more immediately noticed by the sense of smell.
- Thickening agents obstruct the flavor of a sauce requiring more salt and seasoning
- Thickened sauces tend to linger on the tongue longer and prolong the flavor better than thin sauces.

Too Thin - If the consistency of a sauce is too thin or too weak it can be adjusted by reducing the sauce on the stove. Other alternatives include adding more thickening agent, cream, a swirl of butter, or a liaison of egg yolk and cream.

Too Thick - If it is too thick it can be thinned with a little water, stock or other liquid. Be careful to taste and adjust seasoning. Thinning with water will dilute the flavor so it is normally not recommended except in the case where it may be too intense. Sauces that sit in a steam table will evaporate over time becoming too thick or salty; in this situation it may be appropriate to adjust with water.

Self-Check 2	Written Test
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Name: _____ ID _____

Direction I. Write the Short Answers of the following questions

1. Why sauce is important Food?
2. What are the main parts of a sauce?
3. What is the main function of sauce?
4. What are the five basic mother sauces?

Operation Sheet 2

Preparing mother sauces required for menu items

2.1. Béchamel

Portion - 1 litre

Ingredients

40 gm	Butter
40 gm	Flour
½ lt	Milk
1	Onion Cloute

Preparation

1. Make a white roux, allow cooling
2. Bring milk & onion cloute to the simmer, infuse & strain
3. Add milk slowly to roux whilst stirring with wooden spoon
4. Bring to boil & simmer for 30 mins
5. Adjust consistency & seasoning.

2.2. Hollandaise Sauce

Ingredients

250 gm	Butter
25 ml	Water
25 ml	White vinegar
6	White peppercorns
3	Egg yolks
Squeeze	Lemon juice
Pinch	Salt & pepper

Preparation

1. Clarify butter and keep warm 40°C
2. Reduce vinegar, water and white pepper by two thirds
3. Strain into a bowl, cool
4. Mix egg yolks with reduction and whisk over a hot water bath to ribbon stage
5. Remove from the heat and add butter gradually, whisking continuously. Make sure the sauce remains at 40°C
6. Mix in lemon juice, adjust the seasoning, and use warm water to adjust consistency
7. Keep sauce in a warm place.

Note: A little warm water is always necessary to stabilise the sauce. (10 to 15 ml)

This sauce should not be held for more than two hours.

2.3. Mayonnaise

Portion – 500ml

Ingredients

2	Egg yolks
5 ml	Vinegar
5 gm	Dijon mustard
Trace	Salt
Trace	White pepper
250 ml	Oil
10 ml	Hot water

Preparation

1. Place the egg yolks, vinegar and seasoning in a stainless-steel bowl and whisk well. Gradually add oil very slowly, whisking continuously until all the oil is incorporated
2. Whisk in the hot water to stabilize the mayonnaise
3. Correct the seasoning and acidity with lemon juice.

2.4. Veloute Sauce

Ingredients:

5 Tablespoons butter
4 Tablespoons all-purpose flour
4 cups chicken stock
Salt
Ground black pepper

Preparation:

1. In a large saucepan over medium heat, melt the butter and whisk in the flour until it forms a smooth paste. Continue whisking, cook for about 2 minutes, and then gradually – $\frac{1}{3}$ cup at a time – add the chicken stock.
2. Continue whisking and cook until the sauce is completely heated through, smooth, and thickened. Remove from the heat and season with the salt and pepper, to taste.

2.5. Espagnole Sauce (brown sauce)

Ingredients:

1 bay leaf
3 to 4 sprigs fresh thyme
3 to 4 fresh parsley stems
7 to 8 whole black peppercorns
1 ounce clarified butter
1/2 cup diced onion
1/4 cup diced carrot

1/4 cup diced celery
1 ounce all-purpose flour
3 cups brown stock (i.e. beef stock)
2 tablespoons tomato puree

Preparation:

1. In a heavy-duty medium saucepan, melt the butter over a medium heat until it becomes frothy.
2. Add the mirepoix—onions, carrots, and celery—and sauté until lightly browned, about 6 minutes. Don't let it burn.
3. With a wooden spoon, stir the flour into the mirepoix a little bit at a time until it is fully incorporated and forms a thick paste (this is your roux).
4. Lower the heat to low and cook the roux until it just starts to take on a very light brown color, 4 to 5 minutes. Again, don't let it burn.
5. Using a wire whisk, slowly add the stock and tomato purée, whisking vigorously to make sure it's free of lumps
6. Bring to a boil, lower the heat to low, and add the sachet. Simmer until the total volume has reduced by 1/3 (you'll have about 2 cups), stirring frequently to make sure the sauce doesn't scorch at the bottom of the pan, 35 to 45 minutes.
7. Use a ladle to skim off any impurities that rise to the surface.
8. Remove the sauce from the heat, retrieve and discard the sachet.
9. For an extra smooth consistency, carefully pour the sauce through a wire mesh strainer lined with a piece of cheesecloth.
10. Keep the sauce covered and warm until you're ready to use it. If you won't be using it right away, cool it completely and refrigerate in an airtight container for up to 5 days.

2.6. Tomato Sauce

Ingredients

- 2 ounces salt pork, diced
- 2 cups diced onions
- 1 cup diced carrots
- 1 cup diced celery
- 1 clove garlic, minced
- 2 (28-ounce) cans crushed tomatoes
- 1 quart veal stock, or chicken stock
- 1 ham bone
- 1 dash kosher salt, or to taste
- 1 dash sugar, or to taste

For Sachet:

- 1 bay leaf
- 1/2 teaspoon dried thyme
- 3 to 4 fresh parsley stems
- 8 to 10 black peppercorns, crushed

Preparation

1. In a heavy, oven-safe Dutch oven, render the salt pork/oil over low heat until the fat liquefies.
2. Add the carrots, celery, onions, and garlic and then sauté for a few minutes until the onion is translucent but not brown.
3. Add the tomatoes, the ham bone, the stock and the sachet.
4. Bring to a boil, cover, and transfer the pot to the oven. Simmer in the oven, partially covered, for 2 hours.
5. Remove from oven. Remove sachet and ham bone and purée sauce in a blender or food processor until smooth, working in batches if necessary.
6. Season to taste with kosher salt and a small amount of sugar—just enough to cut the acid edge of the tomatoes. Serve hot. If not serving the sauce right away, keep it covered and warm until you're ready to use it.

2.7. Tartar Sauce

Portion - 250ml

Ingredients

250 ml	Mayonnaise
15 gm	Capers, chopped finely
25 gm	Gherkins, chopped finely
5 gm	Parsley, chopped finely

Preparation

1. Mix all ingredients together and adjust the seasoning
2. Cover and refrigerate for a minimum of 30 minutes prior to use.

2.8. Mornay Sauce

Portion – 500 ml

Ingredients

450 ml	Béchamel
30 gm	Parmesan
50 ml	Cream
1	Egg yolk

Preparation

1. Melt cheese into simmering béchamel
2. Remove from heat, allow to cool a little
3. Mix egg yolk & cream and whisk into sauce
4. Reheat taking care not to boil & adjust seasoning.

2.9. Supreme Sauce

Ingredients

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25 gm Mushrooms
500 ml Chicken Veloute
50 ml Cream
25 gm Butter

Preparation

1. Sweat Mushrooms and add Veloute and cream
2. Reduce to the correct consistency and pass through a strainer
3. Add butter and stir vigorously until combined (Monter au Beurre)
4. Serve hot.

2.10. Demi-glace

Portion - 1 litre

Ingredients

400 gm Raw Beef Bones
200 gm Mirepoix
15 gm Oil
50 gm Flour
25 gm Tomato Paste
1.5 lt Brown Beef Stock
5 Peppercorns
1 Bay leaf
Sprig Thyme
Trace Salt

Preparation

3. Place bones on a roasting tray in oven and colour to medium brown
4. Add mirepoix & roast to dark brown, do not burn, add tomato paste, do not burn

5. In a suitable pot make a brown roux
6. Next add bones, mirepoix and herbs
7. Simmer for 8 hours, skimming occasionally
8. Adjust consistency (by reducing or adding more stock).
9. Strain through medium fine strainer & adjust seasoning

2.11. Red wne Sauce

Portion - 500 ml

Ingredients

25 gm Onion, Finely Chopped

3 Peppercorns

1 Bay leaf

Sprig Thyme

200 ml Red Wine

500 ml Demi-glacé

Preparation

1. Place onion, peppercorns, herbs & wine in a pot and reduce by 2/3
2. Add demi-glacé, bring to boil & skim
3. Simmer for 30 mins & skim
4. Adjust consistency, season & strain.

2.12. Bearnaise Sauce

Ingredients

500 gm Butter

25 gm Onion, fine diced

1 sprig Tarragon

1 tsp Tarragon, chopped

- 10 Peppercorns, crushed
- 50 ml Vinegar
- 50 ml White wine
- 6 Egg yolks

Preparation

1. Clarify butter and keep hot
2. Reduce wine, vinegar, onion, tarragon sprig and peppercorns by two thirds
3. Strain into a bowl, cool
4. Mix egg yolks with reduction and whisk over a hot water bath to ribbon stage
5. Remove from the heat and add butter gradually, whisking continuously
6. Make sure the sauce remains at warm
7. Mix in chopped tarragon and adjust the seasoning
8. Keep sauce in a warm place.

Note: A little warm water may be necessary to stable the sauce.

This sauce should not be held for more than two hours.

LAP Test 2.	Practical Demonstration
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Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 3 hours.

Project.2. Prepare mother Sauces

Task.2.1. Prepare Tomato Sauce

Task.2.2. Prepare Brown Sauce

Task.2.3 Prepare Hollandaise Sauce

Task.2.4.Prepare veloute Sauce

Task,2.5. Prepare Béchamel Sauce

Unit three: Preparing soups required for menu items

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Selection of ingredient
- Preparing the correct ingredients for soups, stocks and use garnish
- Producing a variety of soups
- Using clarifying and thickening agents and methods
- Correcting soups flavor, color, consistency, temperature and any problems
- presenting soups

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Select ingredients
- Prepare the correct ingredients for soups, stocks and use garnish
- Produce a variety of soups
- Use clarifying and thickening agents and methods
- Correct soups flavor, color, consistency, temperature and any problems
- Present soups

3.1. Selection of Ingredients

3.1.1. Definition

Soup is a primarily liquid food, generally served warm or hot, that is made by combining ingredients of meat or vegetables with stock, milk, or water. Hot soups are additionally characterized by boiling solid ingredients in liquids in a pot until the flavors are extracted, forming a broth.

3.1.2. Main ingredients

Liquid (stock, juice, water), meat or vegetables or other ingredients onion Garlic, carrots, olive oil, tomatoes, celery, cayenne pepper, pepper and salt are also common ingredients in soup recipes.

3.2. Preparing the correct ingredients for soups, stocks and use garnish

3.2.1. Basic Ingredients

The mixture of ingredients we use to clarify a stock is called the clear meat or the clarification.

1. Lean ground meat is one of the major sources of protein that enables the clear meat 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 clear meat 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 clear meat, 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.

3.2.2. Types of Soup

1. Clear soup: Consommé

A clear soup is made by taking a well flavoured stock and clarifying that stock so only a clear liquids remains.

To clarify a stock is to remove all impurities that might be in the stock in form of small particles of flesh or congealed blood.

The method of clarifying is simple. Trap the particles in a bonding of protein:

- Take egg white and mix with a small portion of very lean mince meat, aromatics are normally added to this mix like sauté onions, carrots. Mix eggwhite thoroughly into meat mixture and place into cold stock
- Bring slowly to the boil. While the mixture is coming to the boil do not disturb or stir the mixture. As the liquid heats up all the protein will bond together and float to the top as a raft. As a raft floats on water so will this meat raft float
- Do not allow liquid to boil rapidly as this may cause the raft to break up and contaminate the liquid
- The object is to allow the meat to cook to extract as much food value and flavour as possible from the ingredients
- The impurities will become trapped in the congealed protein structure of the egg white and minced meat and this is how the liquid becomes clear.



Fig.3.1. Consommé Soup

2. Broths

All cultures would have a broth style soup in their culinary culture.

Broths are the simplest of soups to make in that very little other processing needs to be carried out on the food. Simplest is to place all things in pot and simmer until all is cooked.

Problems that arise is that some ingredients may need to cook more than others and some need to cook less.

In a broth all ingredients should still be identifiable when cooked. To overcome the fact that some ingredients might cook quicker than others ingredients are placed into the pot at different stages of cooking.



Fig.3.2. Broth Soup

3. Puree

Ingredients are cooked in quality stock to a point where they are very soft and then put through a food processor to liquidise all ingredients.

Fluidity is adjusted with more liquid or gentler simmering to allow for reduction in liquid.



Fig.3.3. Puree Soup

4. Cream soups

These soups are generally starch thickened and have a portion of cream add at the end of the cooking process just before the soup is served.

The cream adds a smooth richness to the flavour of the soup.



Fig.3.4. Cream Soup

5. Bisque

Bisque is a seafood style of soup that is of French origin. There are many seafood style soups that evolved from cooking scraps of flesh and body shells of crustacean from the days catch:

- Bisque from Bay of Biscay in Northern France.

The flavour is extracted from the shell of the crustacean then adding extra after the base flavour is achieved. Flour can be used to thicken liquid.

Variation is American chowders that can have milk added as part of the liquid used that give a creamy consistency without adding cream.



Fig.3.5. Bisque

6. Cold soups

Some soups like leek and potato soup which is served hot in winter time has a summertime version that is served cold as Vichyssoise.

Summer version may be thinner in nature but is essentially the same ingredients.

Gazpachio is another summer soup served cold and in the winter as tomato and vegetable soup.

Summer version may be a little thinner and slightly more acidic but all other ingredients would be same.



Fig.3.6. Cold Soup

3.2.3. Ingredient preparation

Ingredient preparation will vary recipe to recipe.

All ingredients will have to be prepared in some way similar to the following:

- Vegetables washed
- Cut to specific requirements
- Meats may have to be cut and blanched, and or sautéed
- Bean or legumes soaked prior to cooking
- Noodles softened prior to addition.

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.

3.2.4. Garnishing

A simple dish can be transformed by feasting the eyes first with even the most casual of garnishing – a sprig of mint, basil or parsley can add colour and aroma which looks attractive and demonstrate a caring attitude to a meal.

- 1) One of the simplest garnishes for soup is a tablespoon of salted whipped cream sprinkled with a dash of paprika or a little parsley chopped very fine.

- 2) Eggs are used as garnishes of soups in the form of a baked custard cut in fancy shapes, or as egg balls. The whole yolks poached in salted water just below the boiling-point may be used; one yolk is served with each plate of soup.
 - 3) Noodles, tapioca, spaghetti or macaroni cut in fancy shapes or quenelles make simple and attractive garnishes for soup.
 - 4) Cooked vegetables cut in thin strips or in Julienne style or in fancy shapes or slices, are often used to add color flavor and nutritive value to a soup.
 - 5) Soups may be garnished also with cubes of bread or puff paste buttered and browned in the oven or fried in deep fat. Garnishes for soups needn't be complicated or time consuming, but they should meet two objectives:
 - 6) They should be pleasing to the eye, adding to the visual impact of the bowl; and they should be edible, complimenting rather than competing with the main flavours of the soup.
- grain wafers Breadsticks Profiteroles (tiny unsweetened cream-puff shells)

3.3. Producing a variety of soups

3.3.1. Variety of Soups

Soups can be divided into three basic categories: clear or un thickened 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.

A. Clear Soups

Clear soups are all based on a clear, un thickened 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 as a flavorful liquid obtained from the simmering of meats and/or vegetables.
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.

B. 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.

C. 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. 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.

3.4. Using clarifying and thickening agents and methods

Thickening Agent Types/described in the previous unit/

- Roux
- Cornstarch Slurry
- Whitewash
- Liaison
- Arrow Root
- Beurre Manie

3.5. Correcting soups flavor, color, consistency, temperature and any problems

Good Stock

Every good soup starts with a good stock. Meat, meat bones, vegetables and seasonings boil in water to bring out the flavor. The resulting water is soup stock. The type of stock for a soup depends on the type of soup. For example, if the soup is chicken noodle, it requires a chicken stock. The type of soup also dictates what seasonings will go in it, such as bay leaves for chowder.

Proper Consistency

Without the right ingredients and preparation, a soup may have the wrong thickness and consistency. Stock is watery when it is complete. Stocks for soups that have watery broths, such as chicken noodle or minestrone, have the right consistency without anything extra. Creamy soups, such as creamy chicken noodle or creamy tomato, need cream and sometimes butter to

give them a creamy consistency. They should be creamy and smooth, but not too thick. Thick and creamy soups, such as baked potato soup and chowder, need cream, butter and flour to give them the right consistency. The flour and butter must be a roux before it goes in the stock.

Good Flavor

A good soup always has good flavor. It is not too salty or overpowering and it does not have uncomplimentary spices. A soup that needs a little salt or pepper is not necessarily bad, as diners can add their own at the table. However, a cook can only fix a soup that has too much seasoning in the kitchen. If it reaches the table in that state, it is a bad soup.

Ideal Ingredients

A good soup has fresh and correct ingredients. Using the wrong ingredients can make a soup too watery, thick, oily or bland. Frozen vegetables can substitute fresh vegetables, but it is not ideal. Heavy cream is best for creamy soups and chowder. Good soup has real butter rather than margarine. Fresh meat and vegetables goes into good soup stock, not base or bullion.

Good Texture

The texture of a soup depends on the vegetables and meats in it. The meat in a good soup is tender. The vegetables should be soft or al dente, according to taste. If soup meat is too dry or vegetables too crisp or soft, it detracts from the overall effect of the soup.

3.6. Presenting soup

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.

Methods of serving Soups

- Soup dishes are always deep.
- Soup plates are used for dinner soup.
- Soup bowls and cups are used for luncheon soups.
- Set soup dishes on a plate slightly larger than the soup dish.
- A soup spoon is smaller than a tablespoon and larger than a teaspoon.
- Bouillon spoons are small round-bowled spoons.
- In using a soup spoon, dip the spoon away from you. Take the soup silently with the lips from the side of the spoon and not the tip.
- Do not leave spoon in soup dish. When not using it, place on the plate.
- When soup is served in a bouillon cup it is customary to take a few spoonful and then it is permissible to set the spoon on the plate, and drink the remainder of the soup from the cup.
- It is permissible to put two or three pieces of crackers or toast on top of soups

Self-Check 3	Written Test
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Name: _____ ID _____

Direction I. Write the Short Answers of the following questions

1. What are the three types of soup?
2. What are the two basic soups?
3. What are the four types of thick soup?
4. What is the most important ingredients for soup?

Operation Sheet 3	Prepare soups required for menu items
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3.1. Beef Consommé

Ingredients:

- Egg white
- 125 gMinced beef
- 25 gCarrots (finely chopped)
- 25 gCelery (finely chopped)
- Peppercorns
- Bay leaf
- Thyme sprig
- Parsley stalks
- 1 LtChicken stock
- 50 gOnion (thickly sliced)

Preparation:

1. Mix the egg white, mince beef, carrots, celery, peppercorns, bay leaf, thyme, parsley stalks and 100 ml of cold stock. This mixture is known as a raft and can be mixed in a food processor
2. Brown onions in a dry pan
3. Bring remaining beef stock and browned onions to the boil in a pot
4. Pour in raft mixture and stir in well
5. Bring to the boil and simmer for 2 hours DO NOT disturb the consommé
6. Carefully strain through filter paper and skim away any fat
7. Serve in hot soup bowl, garnished with a brunoise of vegetables.

3.2. Curried vegetable Broth

Ingredients

- 1 tbsp olive oil
- 1 medium onion, finely chopped

- 2 medium sticks celery, chopped
- 1 large potato, chopped
- 2 carrots, chopped
- 1 parsnip, chopped into large chunks
- 2 tbsp mild vegetarian curry paste
- 1 tbsp plain flour
- 850ml vegetable stock
- 2 tbsp double cream

For the garnish

- 15g butter
- large onion, finely sliced
- tbsp chopped fresh coriander

Preparation:

1. Heat the oil in a large pan, then add the vegetables. Toss well and cook for 3-4 mins until lightly browned.
2. Stir in curry paste and flour and mix together well. Pour over the stock and bring to the boil. Leave to simmer for 20-30 mins until the vegetables are tender.
3. Meanwhile, for the garnish, heat the butter in a frying pan and gently cook the onion for 7-10 mins until browned.
4. Stir the cream into the soup. Serve immediately sprinkled with the fried onion and chopped coriander.

3.3. Tomato puree soup

Ingredients:

- 2 stalks celery
- medium sweet onion
- cloves garlic
- (½-inch-thick) slices sourdough bread
- 2 tbsp olive oil
- tbsp fennel seeds

- cup low-sodium chicken or vegetable broth
- (28 oz) canned whole peeled tomatoes no salt added
- $\frac{3}{4}$ cup light coconut milk

Preparation:

1. Finely chop the celery, onion, and garlic. Remove the crusts from the bread.
2. In a 4-quart saucepan, heat the oil on medium-high. Add celery, onion, and fennel seeds. Season with salt and pepper. Cook 6 min., until onion is golden, stirring occasionally. Add garlic and cook 1 min.
3. Stir in the broth, tomatoes, and bread. Heat to a boil on high. Reduce heat and simmer 15 min., until vegetables are tender and bread has fallen apart, stirring occasionally. Stir in the coconut milk and remove from heat.
4. In a blender in batches or with an immersion blender, purée soup until smooth. Season with salt to taste.

3.4. Creamy Chicken Soup

Ingredients

- tbsp olive oil
- 50 g / 3.5 tbsp unsalted butter
- $\frac{1}{2}$ cup / 75 g flour
- garlic clove ,
- $\frac{1}{2}$ small brown onion ,
- small carrot ,
- 1/2 red capsicum/bell pepper ,
- 1 small celery stick ,
- cups / 500 ml chicken stock / broth ,
- cups / 750 ml milk ,
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp Each garlic powder, onion powder, dried thyme, black pepper (“Spices”)
- $\frac{3}{4}$ cup frozen peas
- 1 cup cooked chicken, diced or shredded

- Croutons: slices white bread , cut into cubes
- Olive oil spray
- Salt

Preparation

1. Heat oil in a large pot over medium high heat. Add onion and garlic and cook for 2 minutes until partly translucent but not browned.
2. Add carrots, celery and capsicum, cook for 1 minute to soften.
3. Add butter and melt. Then add flour and mix until incorporated, and stir constantly for 1 minute.
4. Add broth, mix until flour is incorporated, then add milk. Mix to combine, then add salt, Spices, chicken and peas.
5. Bring to simmer, mixing occasionally to stop bottom of sticking. As it heats, it will thicken – about 4 to 5 minutes. Don't let it bubble.
6. Once thickened to your taste, adjust salt and pepper. Ladle into bowls and serve garnished with croutons and fresh thyme if desired.
7. Croutons: Spray croutons generously with oil, sprinkle with salt, then bake for 5 minutes at 180C/350F or until golden and crunchy.

3.5.Bisque Soup

Ingredients:

- **3 tbsp.** butter
- medium onion, finely chopped
- stalks celery, finely chopped
- Kosher salt
- Freshly ground black pepper
- **tsp.** Old Bay seasoning
- cloves garlic, minced
- **tbsp.** tomato paste
- **tbsp.** flour
- fish stock (or low-sodium vegetable broth)
- dry white wine
- bay leaf

- 1/2 c. heavy cream
- 1lb. lump crab meat
- Freshly chopped parsley, for garnish

Preparation:

1. In a large, heavy pot over medium heat, heat butter. Add onion and celery and cook until soft, about 5 minutes. Season with salt, pepper, and Old Bay, then stir in garlic and tomato paste. Cook until garlic is fragrant and tomato paste coats vegetables, about 2 minutes. Sprinkle over flour and cook until absorbed, 1 minute more.
2. Pour in seafood stock and wine, then stir in bay leaf. Reduce heat and let simmer until liquid is reduced and flavors meld, stirring occasionally, 30 minutes.
3. Remove bay leaf and puree soup with an immersion blender on high until very smooth. Return to medium low heat and stir in heavy cream and half of the crab meat. Cook until just warmed through, about 5 minutes.
4. Divide among bowls and garnish with remaining crab meat and parsley before serving

3.6. Minestrone Soup(Italy)

Ingredients:

- 15 g Butter
- 15 g Bacon (batons)
- 1 clove Garlic (crushed)
- 15 g Onions (paysanne)
- 15 g Carrots (paysanne)
- 15 g Cabbage (paysanne)
- 15 g Celery (paysanne)
- 15 g Leek (paysanne)
- 15 g Tomato Paste
- 500 ml Chicken Stock
- 15 g Haricot Beans (cooked)
- 15 g Spaghetti (2cm lengths)

- 15 g Potato (paysanne)
- 15 g Tomato concasse
- 5 g Continental Parsley (roughly chopped)
- Salt & pepper

Preparation

1. To soak beans place in a bowl and cover with boiling water. Let stand for at least 1 hour
2. Cook bacon in butter, add garlic, onions, carrots, cabbage, celery & leek and sweat
3. Stir through tomato paste and sweat slightly
4. Add stock, bring to the boil and simmer for 20 minutes
5. Add potato, spaghetti and beans and cook until tender. Skim when needed
6. Adjust seasoning, stir in parsley and serve in a hot soup bowl.

3.7. Pumpkin Soup

Ingredients:

- 30 g Butter
- 50 g Onions
- 200 g Pumpkin
- 500 ml Chicken Stock
- 60 g Potatoes
- 1 sprig Thyme
- Salt & pepper

Preparation

1. Cut the pumpkin and onions into even sizes and sweat in the butter
2. Add chopped potatoes and thyme
3. Just cover the vegetables with stock and set aside remaining stock
4. Bring to the boil and simmer until the vegetables are tender
5. Remove thyme stalk, blend the soup to a smooth puree
6. Re-boil and adjust the consistency with remaining stock if necessary
7. Season, garnish and serve in a hot soup bowl.

3.8. Tom yum Gai

Portions 2

Ingredients:

- 500 ml Chicken stock
- Lemon grass stalk
- Kaffir lime leaves
- 2 slices Ginger
- 40 ml Lime Juice
- 50 ml Fish Sauce
- 80g Chicken Thigh diced
- 6 Coriander leaves
- 10 gSpring Onion sliced

Preparation:

1. Bring stock, lemon grass, Kaffir lime leaves and ginger to the boil
2. Reduce heat and simmer for 5 minutes
3. Add chicken simmer until chicken is just cooked, about 1 min
4. Add chilli paste, lime juice and fish sauce, bring back to simmer
5. Ladle into hot bowls and garnish with coriander and shallots.

3.9. Cream of Mushroom Soup

Ingredients:

- 40 gButter
- 125 gMushrooms (finely sliced)
- 20 gFlour
- 500 mlChicken stock

- 50 ml Cream
- Salt & pepper

Preparation:

1. Sweat mushrooms in 20 g of butter and put aside
2. Make a blonde roux with 20 g of butter and flour
3. Make a veloute, add sweated mushrooms and cook out
4. Season, add cream and correct the consistency
5. Serve in a hot soup bowl with an appropriate garnish.

3.10. Cauliflower Soup

Ingredients:

- 200 g Cauliflower – roughly chopped
- 50 g Onion – roughly chopped
- 2 Bay leaves
- Vegetable stock, enough to cover
- Pinch Nutmeg
- 125 ml Milk
- Salt & pepper

Preparation:

1. Sweat onion and cauliflower in a little oil
2. Add chicken stock to cover the cauliflower and bring to the boil
3. Simmer until cauliflower and onion are tender
4. Puree until smooth
5. Warm the milk with the bay leaves and nutmeg
6. Remove bay leaves and add to cauliflower puree
7. Bring back to the boil, season and adjust consistency
8. Serve in a hot soup bowl garnished with croutons.

3.11. Vegetable Soup

- 300 g Mixed vegetables /onion, carrot, turnip, leek, celery/
- 50g Butter or margarine

- 25g Flour /white or whole meal/
- 1 lit White stock
- 100g Potatoes
- Bouquet garni
- Salt, pepper
- Croutons
- Slice stale bread
- 50g Butter

Preparation

1. Peel, wash and slice all the vegetables /except the potatoes/.
2. Cook gently in the butter or margarine in a covered pan, without coloring.
3. Mix in flour and slowly for a few minutes without coloring; cool slightly.
4. Mix in the hot stock. Stir and bring to the boil.
5. Add the sliced potatoes, bouquet garni and season. Simmer for 30-45 minutes; skim when necessary. Remove the bouquet garni. Liquidize or pass through a sieve and then through a medium strainer.
6. Liquidize or pass through a sieve and then through a medium strainer.
7. Return to a clean pan and re-boil; correct the seasoning and the consistency.
8. Serve with croutons separately.

Note: for variations see pulse soup

3.12. Potato Soup

Ingredients:

- large potatoes
- 2 green onions, plus more for garnish
- 1/4 teaspoon dried basil, or more to taste
- Salt and pepper, to taste
- Water (quantity will vary)
- 2 1/2 cups milk (plus more if needed)

Preparation

1. Peel and roughly chop potatoes. Discard tops and bottoms of green onions and mince the remaining pieces.
2. Add potatoes and onions to a medium-sized saucepan and cover with water. Boil on high for 30 minutes, adding more water to the pot as needed, until potatoes are well cooked and soft.
3. Remove pot from heat and drain the water over a strainer until it is just under the level of your cooked potatoes. Return any onions and basil the strainer catches to the pot.
4. Add 2 1/2 cups milk to potatoes and mash until mostly smooth, leaving a few small chunks for a hearty texture. Add more milk, a dash at a time, until soup reaches your preferred consistency.
5. Season liberally with salt and pepper to taste. Return pot to the stove and heat, stirring frequently, for 2-3 minutes. Serve garnished with additional green onions if desired.

3.13. Lentil Soup

Ingredients:

- cup of red lentils
- small onion
- small carrot (optional)
- small potatoes
- 1-2 cloves of garlic optional
- salt
- black pepper
- water glass of water
- 3-4 tablespoons of oil
- dry mint

Preparation

1. Wash the red lentils in 1-2 waters and leave to drain.

2. Peel the onion and cut it into 4 parts, peel the carrot and potato (also the garlic) and chop coarsely.
3. Put the onion, garlic, potato, carrot, lentil together in a pressure cooker.
4. Add salt and pepper, close the pressure cooker and cook on medium heat until the whistle blows.
5. After the whistle blows, lower the heat, set the steam level to 2 (adjust as you would with your whistle) and cook for 20 minutes.
6. Pass the cooked lentils through the blender.
7. Heat the oil and mint, add to the soup, mix and serve.

3.14. Scotch Broth(Scotland)

Ingredients

- 2 carrots (100g)
- onion (100g)
- leek (100g)
- small neep (150g)
- 110g barley (1/2 cup)
- 70g split dried peas - ideally green but yellow is fine (1/3cup)
- Salt and pepper to taste
- 2.5 litres of lamb, chicken, or beef stock
- 30g butter/oil
- tbsp parsley
- 250g shredded white cabbage (a few handfuls) or kale
- 200g shredded meat (optional)
- Making your own Stock *see notes
- 1 leek
- 1 carrot
- 1 onion
- Lamb neck/bones or beef with bones

- Salt and pepper to taste
- litres cold water

Preparation

1. Finely chop onion and leek and dice carrots and neep.
2. Add butter or oil to the pot and melt.
3. Add onion and leek and allow to cook for 5 minutes but not brown.
4. Add chopped carrots and neep.
5. Add split peas and barley and pour over the stock, own stock recipe below.
6. Bring to the boil then turn down to simmer for 1 hour.
7. Add shredded cabbage (or kale) and leftover meat if using and simmer for a further 15 minutes
8. Stir through parsley before serving.

3.15. Carrot Soup

Ingredients:

- 3 tablespoons olive oil
- small onion or a 2 inch piece of ginger, chopped
- 680g carrots, chopped
- large russet potato, peeled and chopped
- salt and freshly ground pepper
- 1.5l vegetable stock or water
- 50g chopped parsley or coriander leaves for garnish

Preparation:

1. Put the oil in a large, deep saucepan or casserole dish over a medium heat. When the oil is hot, add the vegetables.
2. Sprinkle with salt and pepper and stir occasionally for about 15 minutes until the carrots soften. Add the stock and cook until the vegetables are very tender, 15 to 20 minutes.
3. Use a hand blender to purée the soup in the pan. Or cool the mixture slightly and pour into a blender. Purée until smooth, in batches if necessary.

4. If serving the soup hot, gently reheat it, stirring frequently. If serving it cold, refrigerate, covered, for at least 2 hours. Either way, adjust the seasoning and garnish before serving.

3.16. French Onion Soup

Ingredients

- 50g butter
- tbsp olive oil
- 1kg onions, halved and thinly sliced
- tsp sugar
- garlic cloves, thinly sliced
- tbsp plain flour
- 250ml dry white wine
- 1.3lt hot strongly-flavoured beef stock
- 4-8 slices baguette (depending on size)
- 140g gruyère, finely grated

Preparation

1. Melt the butter with the olive oil in a large heavy-based pan. Add the onions and fry with the lid on for 10 mins until soft.
2. Sprinkle in the sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be really golden, full of flavour and soft when pinched between your fingers. Take care towards the end to ensure that they don't burn.
3. Add the garlic cloves for the final few minutes of the onions' cooking time, then sprinkle in the plain flour and stir well.
4. Increase the heat and keep stirring as you gradually add the wine, followed by the beef stock. Cover and simmer for 15-20 mins.
5. To serve, turn on the grill, and toast the bread. Ladle the soup into heatproof bowls.
6. Put a slice or two of toast on top of the bowls of soup, and pile on the gruyère. Grill until melted. Alternatively, you can cook the toasts under the grill, then add them to the soup to serve.

3.17. Leek Soup

Ingredients:

- 5-6 leeks, cleaned
- 2 medium potatoes
- medium onion
- If 1 liter of meat or chicken stock is not available (1 liter of water +1 chicken bouillon)
- Turkish coffee half a cup of oil

Preparation

1. Finely chop the cleaned and cleaned leeks. Chop the onion for cooking and put it in the pot with the leeks.
2. Add the vegetable oil and fry for 5-6 minutes until the leeks and onions soften and disperse.
3. Add the peeled and chopped potatoes to the leeks and fry for 1 more minute.
4. Add hot water and chicken bouillon to the pot and cook on low heat for 12-13 minutes with the lid closed.
5. Pass the softened vegetables through the rondo and serve hot.

3.18. potato and Leek Soup

Ingredients:

- onion, chopped
- TBS butter
- garlic cloves (1 large)
- 10 small-medium leeks, sliced
- tsp salt
- freshly cracked black pepper
- cups of vegetable stock (1 Litre)
- (1kg) medium-sized potatoes, peeled and chopped into small blocks
- tsp fresh thyme
- (optional) 6 slices bacon, cooked crispy
- (optional) 1/4 cup cream

Preparation:

1. In a large pot, add the butter and fry the onions and leeks until soft

2. Add in the garlic and thyme and cook for another 2 minutes
3. Add in the potatoes, the salt and a little freshly cracked black pepper.
4. Add the vegetable stock
5. Bring soup to the boil and cook for 30-35 minutes until potatoes are soft.
6. Using a stick blender, blitz the soup to your desired consistency (leaving a few chunks of potato is good!) and add the optional extras of cream and bacon.
7. Garnish with a drizzle of cream, the leftover green bits from the leeks and a little black pepper

3.19. Mulligatawny Soup

Ingredients:

- ½ cup chopped onion
- 2 stalks celery, chopped
- carrot, diced
- ¼ cup butter
- ½ tablespoons all-purpose flour
- ½ teaspoons curry powder
- cups chicken broth
- ½ apple, cored and chopped
- ¼ cup white rice
- 1 skinless, boneless chicken breast half - cut into cubes
- 1 pinch dried thyme
- salt and ground black pepper to taste
- ½ cup heavy cream, heated

Preparation:

1. Melt butter in a large soup pot over medium heat. Add onions, celery, and carrot and sauté until soft, 5 to 7 minutes. Add flour and curry, and cook 5 more minutes, stirring frequently. Add chicken broth, mix well, and bring to a boil. Reduce heat and simmer for about 30 minutes.
2. Add apple, rice, chicken, thyme, salt, and pepper. Simmer until rice is tender, 15 to 20 minutes.
3. Just before serving, stir in hot cream.

3.20. Gazpacho(Spain)

Ingredients (4 people):

- kg of ripe tomatoes,
- small green peppers
- garlic cloves 1
- 100 g of farmhouse bread,
- tbsp of extra pure olive oil,
- tbsp of sherry vinegar, water boiled, egg, bread and salt.

Preparation

1. Soak the bread in water and then crush with the diced vegetables, oil, vinegar, salt and water according to how thick you want the soup to be. Nowadays we use a mixer, which has the advantage of producing a finer blend of vegetables.
2. Serve in four individual clay dishes. Usually accompanied by tomato, cucumber, green pepper, onion, bread and hard boiled egg, all finely diced. Everyone can serve themselves according to taste

3.21. Atimit (Ethiopian)

- 200gm Atimit flour
- 20gm Yeteneter Kibe
- Pinch of Salt
- 15gm Sugar
- Water

Preparation:

1. Sift the flour and mix in luke water (Batter consistency)
2. Boil the water
3. Add the batter in Boiling water
4. Stir continually and simmer
5. Seasoning and Serve hot

LAP Test 3	Practical Demonstration
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Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 3 hours.

Project.3. Prepare soups required for menu items

Task.3.1. Prepare Consommé soup

Task.3.2. Prepare Chicken cream soup

Task.3.3 Prepare Minestrone soup

Task. 3.4. Prepare Tom yum Gai

Task.3.5. Prepare Atimit

Unit four: Storing and reconstituting stocks, sauces and soup

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Storing stocks, sauces and soups to maintain optimum freshness and quality.
- Reconstituting stocks, sauces and soups

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Store stocks, sauces and soups to maintain optimum freshness and quality.
- Reconstitute stocks, sauces and soups

4.1. Storing stocks, sauces and soups to maintain optimum freshness and quality

4.1.1. Store Stocks and Sauces Appropriately in Correct Containers

Introduction

When cooling stocks and sauces it is important to apply the 2hour-4 hour rule.

The 2/4 hour rule

Cooling Food

To be observed when preparing large quantities of food to be cooled down and stored before further use.

“A food business must, when cooling cooked potentially hazardous food, cool the food:

- (a) Within 2 hours – from 60°C to 21°C
- (b) Within a further 4 hours – from 21°C to 5°C.”

Stocks produced from animal products will be high in protein so will need to be cooled rapidly to minimise possibility of bacteria growing to a dangerous level.

Sauces thickened with starch are liable to fermentation if kept war for extended periods.

When cooling, product needs to be placed into shallow containers with a wide surface area.

If not rapid cooling equipment is available then the wide shallow containers will allow the heat to dissipate quicker.

Stirring occasionally helps to let the heat out and prevents skins from forming on surface.

When room temperature has been reached the product should be placed into refrigeration until a temperature of 5°C has been recorded.

Then the products can be placed into larger storage containers for better storage.

All products must be labelled with name and date of manufacture.

Stocks can be kept fresh in cool environment for up to 3 days; if longer storage is required then freezing is required.

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All containers that are used for storage of food must be of food grade standard.

Stainless steel is best but good quality food grade plastic containers are acceptable.

Plastic containers must be in good condition with no cracks or scratches.

Containers must be able to be sealed easily and securely.

Stocks can be stored in containers larger than sauces.

Sauces are best stored in smaller containers.

Small containers for sauces allows for portions to be removed from controlled environment and heated to serving temperature without too much being wasted.

The size of the storage containers will be determined by the rate of usage:

- ✓ 1 litre
- ✓ litres
- ✓ 10 litres.

It is the continual reheating and cooling that causes problems with contamination



Fi.4.1. Plastic container

4.1.3. Error! Reference source not found.

Labelling of product reduces the possibility of confusion and allows for better stock control:

- Rotation of stock through storage area.

What is required on a label for 'in house' storage?

- Name of product

- Date of manufacture
- Name of person responsible for manufacture
- Date of freezing; if frozen
- Recommended 'use by date'
- Any allergenic ingredients.

If the product is going to be sold outside of premises then more information is required



Fig.4.2. Labling

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Storage of Stocks and Sauces

All stocks and sauces are capable of going 'off'.

- High sugar sauces will ferment
- High protein sauces are capable of having bacteria growing at an alarming rate
- High wet starch products are capable of breeding harmful bacteria if not managed correctly.

Equipment used to store foods:

- Containers for food
- Refrigeration for maintaining environments below specific temperature.

Facilities where food is prepared also need to be considered in this equation.

Containers for food storage

- Need to be of a washable material
- Must be impervious to moisture
- Must not be scratched or damaged.

Refrigeration for maintaining environments below specific temperature

- Cool rooms and freezers
- Air conditioning for dry storage in high climatic environments.

Regular maintenance of these pieces of equipment is vital for efficient operating:

- Cool rooms need to operate at 5°C or below
- Freezers need to operate at minus 18°C (-18) or below
- Dry store need to be kept at 21°C in warmer climates.

4.2. Reconstituting stocks and sauces for service

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Introduction

Re heating stocks

Any stock that needs to be re heated simply needs to be reheated as quickly as possible.

Taken to a temperature above 75°C within 1 hour.

Reheating Sauces

Sauces for meat dishes that are served hot; Jus; which is just a gelatinised reduction; can be placed into a pot and on a low heat raise the temperature.

If the heat is too high there is a possibility that it may burn.

Starch thickened sauces

Starch thickened sauce have a high possibility that they will burn when placed back on the heat to be re-heated.

They must be stirred constantly or re-heated over a bain-marie.

Modern oven ‘multi use’ with steam injection will allow these sauces to be reheated in trays in a steam environment.

The burning is when the bottom of the pot becomes too hot for the starch and colouring takes place. If starch thickened sauces are to be re-heated over naked flame then they must be stirred regularly to avoid sticking and burning.

4.2.2. Error! Reference source not found.

Introduction

Temperature control

Stocks and sauces have to be reheated above 75°C to comply with food safety requirements.

Hot Holding

After the stock or sauce has been reheated a temperature of more than 60°C must be maintained for the duration of the service period.

If the product falls below the 60°C then the 2hour/4 hour rule must be considered.

As a sauce sits at this level of temperature the liquid begins to evaporate and sauces can become thicker.

The sauce consistency can be adjusted with boiling water to improve viscosity but they must be discarded after service.

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Products that have been frozen need to thaw before they can be used.

Product cannot be left outside of a controlled environment for extended periods of time else bacteria can multiply to dangerous levels.

This high level of bacterial growth can cause adverse reaction in the consumers of this food product.

To minimise bacterial growth control needs to be maintained while food is thawing.

The rate of thawing can be controlled if frozen product is placed in the coolroom and allowed to thaw over period of time; 24 – 48 hours.

Temperature does not rise above 5°C but time is extended, planning needs to be in place for this to happen.

Thawing can take place in a microwave

- Process is continuous
- Product is stirred during process to quicken rising of temperature.

When product is in a fluid state the temperature raising process is continued rapidly to above 60°C or to the required temperature above.

Thawing is done safely with product thawing in the cool room.

Thawing is quicker if product if it is frozen in thinner profiles. This means not freezing in ball shapes. Thinner profiles will thaw quicker than thicker profiles.

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Basic rules to follow:

- Do not place left over product on top of fresh product when replenishing supplies
- Always place new product into clean container, never into dirty containers
- If product has been re-heated for service, discard at end of service period
- Never re-heat more product than what is planned to be used
- Store in smaller portions to allow for short orders
- Normal storage size may be for 20 persons
- Allow for production of some smaller sizes of 5 or 10 serves portions.

Rule No.1. Never re-use pre-heated soups.

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Re heating soups

Any soup that needs to be re heated simply needs to be reheated as quickly as possible by taking it to a temperature above 75°C within 1 hour.

A better standard is to bring all soups back to boil, 100°C when reheating

Starch thickened soups

Starch thickened soup have a high possibility that they will burn when placed back on the heat to be re-heated.

They must be stirred constantly or heated in a steam jacket cooker.

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Modern oven ‘multi use’ with steam injection will allow these soups to be reheated in trays in a steam environment.

The burning is when the bottom of the pot becomes too hot for the starch and colouring takes place. If starch thickened soups are to be re-heated over naked flame then they must be stirred regularly to avoid sticking and burning.

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Temperature control

Soups have to be reheated above 75°C to comply with food safety requirements.

Where possible soups should be boiled when reheated to minimise any adverse bacterial activity.

Hot holding

After the soup has been reheated a temperature of more than 60°C must be maintained for the duration of the service period.

Soup is never too hot when it is eaten but that is not an issue. The time it takes for the soup to cool is not enough for the bacteria to grow to dangerous levels.

If the product falls below the 60°C then the 2hour/4 hour rule must be implemented.

Self-Check 4	Written Test
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Name: _____ ID _____

Direction I. Write the Short Answers of the following questions

1. give instruction on how the stock or sauce will be re-thermalised, re-heated, to enterprise standards
 - i. List any precaution that may need to be followed.
2. How will the temperature of all of these sauces be maintained during service period?
 - i. List and precautions that may need to be undertaken
3. What procedure will be followed to re-heat the soup to the standard required?

Give the reasons why this particular procedure is to be followed.

Reference

Waye Gisslin (2010), Professional cooking, 7th edition.

John Campbell (2011), Practical cookery, 11th edition.

Anon. 1978a. Banana CA storage. Bulletin of the International Institute of Refrigeration 18, 312.

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