



Chapter - X

Soup Preparation – Thick Soups

Soups are made up of a wide variety of ingredients. The best soups are made from the best available ingredients. Soup should have the pronounced taste of the major flavouring components. If this is a meat-base it should be highly flavourful and mature. Fish or shellfish should be perfectly fresh and so should vegetables, especially when they provide the dominant flavour of soups.

Basic Ingredients for Soup Preparation

Liquid

Quality stock forms the basis of most soups, but water, vegetable stock cubes, fruit and vegetable juices, and milk may also be used. Stocks need to be appropriately matched to the main ingredients in the soup being prepared.

Seasonings

Herbs and spices are added to soup to increase flavour. Bouquet garni (bay leaf, thyme, cloves, parsley – bound together in a cloth container) are included in virtually all soup preparation and should be discarded as soon as it has contributed sufficient flavour.

Thickening agents

A roux can be used as a thickening agent in soup. Alternatively a thick consistency in soup can be achieved by puréeing.

Other thickening agents that can be used include potatoes, rice, pulses and pasta. Some cream soups are finished with a liaison (a mixture of one part egg yolk well-blended into three parts cream). The soup is then cooked only enough to thicken the egg; it is never boiled.

Garnishes

Garnishes are used to enhance the soup's appearance and flavour. The garnish should be sufficient and appropriate to the soup prepared and appropriately cut for ease of eating with a soup spoon.





Cream soup

Cream soups must be of a smooth consistency and are finished with cream. The methods of preparation include:

The traditional method using 50% béchamel, 25% puree of the appropriate cooked ingredients and 25% of the appropriate stock, and finished with cream.

Basic principles for making a cream soup:

1. Sweat the vegetables in butter.
2. Add the flour and cook out the roux.
3. Add the liquid.
4. Bring to a boil.
5. Add the bouquet garni and the main ingredient.
6. Discard the bouquet garni when the proper flavour is reached.
7. Purée the solids.
10. Reheat the liquid and add White sauce to get the proper consistency.
11. Strain the soup.
12. Finish with cream, and garnish with croutons.

Cream soups should have:

- Body, consistency and texture of heavy cream
- A dominant flavour of the major ingredient – not overpowered by the taste of cream

Cream of Tomato

| S.No | Ingredients | Quantity |
|------|-------------|----------|
| 1 | Stock | 01 lt |
| 2 | Butter | 50 gm |





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| 3 | Garlic | 15 gm |
| 4 | Carrot | 50 gm |
| 5 | Onion | 50 gm |
| 6 | Leeks | 25 gm |
| 7 | Celery | 15 gm |
| 8 | Tomato Puree | 150 gm |
| 9 | White Sauce | 150 ml |
| 10 | Cream | 100 gm |
| 11 | Croutons | 50 gm |
| 12 | Salt | To taste |
| 13 | Pepper | To taste |

Method:

1. Heat butter and sauté garlic and *mirepoix* (Roughly chopped onion, carrot, leeks and celery).
2. Add tomato puree and cook for 2-3 minutes.
3. Add the stock and mix it well.
4. Bring to boil and simmer for 1 hour.
5. Puree the soup and pass through a fine strainer into a clean pan and reboil.
6. Add white sauce and cook till the soup gets desirable texture.
7. Remove from the heat and add cream, adjust seasoning.
8. Serve hot with croutons on top.





Puree soups

Puree soups are thick, passed soups made from vegetarian or non-vegetarian ingredients. The thickening agents are not added in these soups because the thickening comes from the vegetable itself, i.e., the pulp of the ingredients work as thickening agents. Most of the lentil soups come under this category. The vegetables used for making puree soups are starchy in nature, like, potatoes, pumpkin, etc.

Basic Procedure for Making Purée Soups

1. Sweat mirepoix or other fresh vegetables in fat. Add liquid.
2. Add dried or starchy vegetables.
3. Simmer until vegetables are tender. Fresh vegetables should be completely cooked but not overcooked or falling apart.
4. Purée soup in a food mill or with an immersion blender.
5. Add cream if required.
6. Adjust seasonings.

Puree of Pumpkin

| S.No | Ingredients | Quantity |
|------|-------------|----------|
| 1 | Veg. Stock | 01 lt |
| 2 | Butter | 50 gm |
| 4 | Carrot | 50 gm |
| 5 | Onion | 50 gm |
| 6 | Leeks | 25 gm |
| 7 | Celery | 15 gm |
| 8 | Pumpkin | 500 gm |
| 11 | Croutons | 50 gm |
| 12 | Salt | To taste |
| 13 | Pepper | To taste |





Method:

1. Heat butter and sauté mirepoix (Roughly chopped onion, carrot, leeks and celery).
2. Add sliced pumpkin and cook for 2-3 minutes.
3. Add the stock and mix it well.
4. Bring to boil and simmer for 1 hour.
5. Puree the soup and pass through a fine strainer into a clean pan and boil again till you get creamy consistency.
6. Remove from the heat and adjust seasoning.
7. Serve hot with croutons on top.

