

Soup Study Sheet

1. If a soup is to be served HOT, it should be _____.
2. If a soup is to be served COLD, it should be _____.
3. An example of a COLD soup would be _____.
4. The two types of soup are _____ and _____.
5. An example of a soup made from "meat stock" is _____ and _____.
6. An example of a soup made "without meat stock" would be _____ and _____.
7. Soups served at the first of the meal is called an _____ soup.
Their purpose in the meal is to _____. They have _____ food value.
8. Cream soups contain the following nutrients _____, _____, _____, _____, and _____. They provide a lot of food value.
9. Stock made from roasted bones and roasted or sautéed mirepoix resulting in rich roasted flavor and caramel color.

principal base brown stock gelatin

10. Stock made from raw or slightly cooked bones and white mirepoix resulting in a light pale to deep golden color.

white stock brown stock broth sachet

11. A stock-like preparation that is made with a larger proportion of meat than bone and a greater variety of vegetables than stocks.

collagen base deglaze broth

12. A stock-like preparation that is made with a larger proportion of meat than bone and a greater variety of vegetables than stocks.

bouillon fumet brown stock base

Matching Activity

| | letter | | |
|---------------|--------|--|--------------------------------------------------------------------------------------------------------------------------------------------------|
| bouquet garni | | | a. A bundle of fresh herbs tied to a piece of celery, leek, or carrot. |
| reduce | | | b. A small cheesecloth bag containing herbs and spices. |
| sachet | | | c. To boil a liquid, such as a stock, to evaporate water and concentrate flavor. |
| stock | | | d. A highly flavored liquid made by simmering bones with vegetables, herbs, and spices. |
| cream soup | | | e. Soup that is thickened with a purée of well-cooked, typically starchy ingredients such as legumes, potatoes, winter squashes, or rice. |
| bisque | | | f. Soup consisting of milk or stock, thickened with both flour and puréed ingredients, and often finished with cream. |
| puree soup | | | g. An American seafood-based soup that is flavored with dairy product, bacon, and potato; and thickened with flour. |
| consomme | | | h. A seafood-based soup that is thickened traditionally with rice, although modern methods use a roux. |
| chowder | | | j. A perfectly transparent and intensely flavored soup that is made by clarifying a stock. |

Name the picture

