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