

Types of Soup

- I. Clear
- II. Thick
- III. Specialty

Clear

- 1. Made from stock or broth.
- 2. Not thickened.
- 3. Stock or broth is made from simmering meat, vegetables and seasonings.
- 4. Consommé.



Thick — includes a thickening agent (roux, cream)

- 1. Puree soup - thickened by puree of main ingredients course texture.
- 2. Cream soup – smooth and thick
- made thick with cream and/or puree, can have small pieces of an ingredient



Specialty



- 1. Bisques – made from shellfish/cream
- 2. Cold – cooked or uncooked; then chilled.
- 3. Chowder – fish, shellfish and veggies.
 - usually has potatoes –thicker than a cream soup but not pureed

Making Clear Soup



- 1. Start with vegetables in bottom of pan and sweat.
- 2. De-glaze with stock or broth.
- 3. Skim if necessary.
- 4. Season.
- 5. Cut any ingredients that will be left in soup to uniform size.
- 6. Time rice or pasta so it will finish cooking at the end of the simmering time
- 7. Storing – cool, remove excess fat from top, refrigerate.

Making Thick Soup, Puree

A. Puree

- 1. Sweat vegetables in fat.
- 2. Add stock/broth.
- 3. Add starchy vegetables.
- 4. Simmer until vegetables are just cooked.
- 5. Puree.
- 6. Simmer again.
- 7. Adjust thickness.
- 8. Season.



Making Thick Soup, Cream

B. Cream

- 1. Sweat veggies.
- 2. Add thickening agent.
- 3. Add hot stock or milk.
- 4. Simmer.
- 5. Add additional soft vegetables
- 6. Skim fat.
- 7. Puree until very smooth.
- 8. Add hot cream to finish.



Making Thick Soup, Bisque Chowder



C. Bisques & Chowders

- Similar to the other preparations, depending on the ingredients.

D. Storing Thick Soups

- 1. Cool and refrigerate before adding milk or cream.
- 2. Heat (on low) only what will be served as the soup will thicken each time it is heated.

Soup Storage

When you make large batches of thick soup, cool and refrigerate the soup before you add the milk or cream. It is best to heat only small batches of soup if you hold the soup in a steam table. Restock the soup when necessary.

Soups will continue to thicken while they are set in holding in the steam table. Be sure to check the consistency before you serve them.

Heat the base over low heat, then add the milk or cream to the base. To keep the soup from scorching, stir it often. Taste the soup to see if the seasonings need to be adjusted.