



Consortium for Educational Communication

Module on **Soup**

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TEXT

Introduction

(1) Soup

The word soup comes from French word “Soupe” (soup, broth), which further comes from Latin word ‘Suppa’ (bread soaked in broth). The origin of soup dates back to about 6000 BC. First commercial soup was consumed in France in the 16th century. Soup is a liquid food derived from meat, poultry, fish, or vegetables. Soup is a replenishing, aromatized and complete meal. Soups play a very important role on the menu and are served as appetizer to stimulate the appetite for rest of the heavier foods to follow. Most of these soups, no matter what their final ingredients may be, are completely based on stock. Thus, the quality of the soup depends on the quality of the stock used in the preparation of the soup.

(2) Classifications of Soups

Soups can be divided into three basic types, like thick soups, thin soup and International soup. Thin soup is further divided into passed & unpassed soup. Most of these soups, no matter what their final ingredients may be, are based on stock.

(A) Thin Soup

Thin soups are all based on a clear, unthickened broth or stock. They may be served plain or garnished with a variety of vegetables and meats.

Thin soup is further divided into two category i.e. passed soup or clear soup and unpassed soup

(i) Passed or Clear Soup

This soup is strained after its preparation with the help of a strainer or a muslin cloth. The specialty of this soup is that it is simple, clear, transparent, flavorful and without any solid ingredients. This can be made from poultry, beef, veal and vegetables. Example:



Consomme

(a) Consomme

The word consomme means “completed” or “concentrated.” In other words, a consomme is a strong concentrated stock. In classical cuisine, this was necessary for a stock to be called a consomme. In fact two kinds were recognized i:e unclarified (ordinary) consomme and clarified consomme. The first important thing for preparing consomme is that the stock must be strong, rich, and full-flavored. A good consomme, with a mellow but full aroma and plenty of body from the natural gelatin is one of the great pleasures of fine cuisine.

(b) Clarification

Coagulation of proteins is an important subject in stock-making because one of our major concerns was how to keep coagulated proteins from making the stock cloudy. Process of coagulation enables to clarify stocks to perfect transparency. Some proteins, especially those called albumins dissolve in cold water. When the water is heated, they gradually solidify or coagulate and rise to the surface. If the process is controlled carefully, these proteins collect all the tiny particles that cloud a stock and carry them to the surface. The stock is then left perfectly clear. If due care is not taken, these proteins break up as they coagulate and cloud the liquid even more, just as they can do when we make stock.

(c) Basic Ingredients in Consomme

The mixture of ingredients used to clarify a stock is called the clearmeat. Lean ground meat is one of the major sources of protein that enables the clearmeat to do its job. It also contributes flavor to the consomme. The meat must be lean because fat is undesirable in a consomme. Beef shank, also called shin beef is the most desirable meat because it is high in albumin proteins. Beef and/or chicken meat are used to clarify chicken consomme. Ground lean fish may be used, but it is normal to omit flesh altogether and use only egg whites. Egg whites are included in the clearmeat



because being mostly albumin, they greatly strengthen its clarifying power. Mirepoix, seasonings and flavoring ingredients are usually included because they add flavor to the finished consommé. They do not actually help in the clarification, but give solidity to the raft. The raft is the coagulated clearmeat, 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.

Acid ingredients (tomato products for beef or chicken consommé, lemon juice or white wine for fish consommé) are often added as the acidity helps to coagulate the protein.

(ii) Unpassed Soup

The property of this soup is same as of clear soup except it is not strained and has solid ingredients in it. The preparation method is same and can be prepared from beef, veal, poultry and vegetables. Example of this type of soup is Broths and Bouillons

(a) Broth

The difference between a broth and a stock is that a broth is made by simmering meat and vegetables, while a stock is made by simmering bones and vegetables. Because of this difference, a well-made stock is generally richer in gelatin content than a broth, as gelatin is derived from cartilage and connective tissue. A broth on the other hand, usually has a more pronounced flavor of meat or poultry than a stock. A more neutral flavor is desired in a stock, which is used as the base for many sauces as well as soups. Nevertheless broths are not often specially made in food-service operations. The cost of the meat makes them expensive, unless the meat can be used for another purpose, or unless the restaurant has a good supply of meat trimmings that might otherwise be wasted. Instead broth is usually a byproduct of simmering meat or poultry. Flavorful cuts such as beef shank, chuck and neck are good for making broths.

Broths can be served as such, with seasoning and a light garnish added. For example, plain chicken broth is commonly served as a restorative for invalids. More often broths



are used in place of stocks in vegetable soups and other clear soups. Like stock, broth can be made with water. For especially rich flavourful broths, stock in place of water is used in the broth recipe.

(b) Bouillon

Bouillon is often used in synonymous with broth. The term also pertains to the condensed-cube and powder forms of broth, used to add a burst of flavor to some recipes. Court-bouillon typically refers to recipes for seafood. Because of the short cooking time required for fish and shellfish, court bouillon is also flavored with vegetables and aromatics, such as celery and carrots, before the main ingredient is added

(B) Thick Soup

Unlike thin soups, thick soups are opaque rather than transparent. They are thickened either by adding a thickening agent, such as roux or by pureeing one or more of their ingredients to provide a heavier consistency. The difference between thick soup and unpassed soup is that thick soup is viscous in nature. Thick soups are further classified depending upon the thickening agents used as under.

(a) Cream Soup

This soup is prepared from the puree of vegetables, meat, fish or poultry. The name cream soup is usually given after the main ingredients for example Creme de Tomate, is a cream soup made from tomato. Cream soups are soups thickened with roux, beurre manie, liaison, milk and/or cream. They are similar to veloute and bechamel sauces. They may be made by diluting and flavoring either of these two leading sauces. Milk is sometimes used to dilute the soup in order to get the correct consistency.

(i) Quality Standards for Cream Soup

Thickness. About the consistency of heavy cream and not too thick.

Texture. Smooth; no graininess or lumps (except garnish).



Taste. Distinct flavor of the main ingredient (asparagus in cream of asparagus, etc.).
No starchy taste from uncooked roux.

(ii) Curdling

Curdling is a common problem with cream soup as it is made with cream or milk or both. The cause behind curdling of the soup can be either the acidity content of many soup ingredients like tomato or heat of cooking.

Roux and other starch thickeners are used to stabilize milk and cream in order to avoid curdling while making a sauce but soups are relatively thin as compared to sauce and contain less amount of starch, so the chance of curdling is always there, therefore precaution should be taken to avoid this.

(iii) Prevention of curdling

1) Do not combine milk and simmering soup stock without the presence of roux or other starch. Following measures are to be taken:

- a) Thicken the stock before adding milk.
- b) Thicken the milk before adding it to the soup.

2) Do not add cold milk or cream to simmering soup. Do one of the following:

- a) Heat the milk in a separate sauce pan.
- b) Temper the milk by gradually adding some of the hot soup to it. Then add it to the rest of the soup.

3) Do not boil soups after milk or cream is added.

(b) Veloute Soup

The French word veloute in English means velvety. This describes the finished texture and appearance of the soup. The principal thickening element is a blond roux or a veloute sauce, which may be flavored using different stock bases according



to requirements. When preparing meat, poultry, or fish veloutes the predominant flavor is determined by the stock used. However while producing aqueous vegetable veloute soups, the flavor of the main vegetable predominates. In order to achieve the velvety finish, the liaison of egg yolks and cream is added just before service. Once this has been added, the soup must not be boiled again otherwise it will take on a curdled appearance.

(c) Puree Soup

Puree soups are made by simmering dried or fresh vegetables, especially high-starch vegetables in stock or water, then pureeing the soup. Purees are normally based on starchy ingredients. They may be made from dried legumes (split pea soup) or from fresh vegetables with a starchy ingredient, such as potatoes or rice. Purees may or may not contain milk or cream. Purees are relatively easy to prepare. Puree soups are not as smooth and refined as cream soups but are coarser in texture and character.

This type of soup is produced from one of the following:

Vegetables containing a high percentage of starch e.g. – pulse and vegetables.

Aqueous Vegetables i.e. watery vegetables e.g. celery, leaks onions etc.

Puree soups produced from starchy vegetables need no other thickening agent as starch based vegetables act as self-thickeners. Alternatively, puree soups produced from aqueous vegetables need the assistance of a starchy food to affect cohesion. The ingredients most commonly used for this purpose are rice or potatoes.

All the puree soups are passed through the food processor for liquidizing and finally strained through a conical strainer (chinois). It's then reheated for correcting the seasonings and consistency. Puree soup are always garnished with croutons.

(d) Chowder Soup

Chowders are chunky, hearty soups made from fish, shellfish, and/or vegetables and full of good things, that they sometimes are more like stews than soups. Many types of



chowder are simply cream soups or puree soups that are not pureed but left chunky. Like other specialty regional soups, chowders resist categorization. However, most of them are based on fish or shellfish or vegetables, and most contain potatoes and milk or cream.

Chowder soups have originated from America. The name is the corruption of the French word 'CHAUDIERE' means a heavy pot used by farmers and fishermen to cook soups and stews. The best known French Chowder is 'Bouillabaisse'. It is more like a stew which is an American specialty made with meat, fish, and vegetables along with milk, pork belly, tomato concasse and seasonings. Chowder may be thickened with Beurre Manie and crackers are added prior to the service of this soup.

(e) Bisques Soup

Bisques may be defined as thickened, passed and classical seafood soups prepared from a base of fish stock flavored with selected shellfish and mirepoix. At one time, bisques were thickened with rice, but today they are more frequently thickened with roux. Bisques are basically made like other cream soups, but they seem more complex because of the handling of the shellfish and the variety of flavoring ingredients often used. Expensive to prepare and rich in taste, they are considered luxury soups. The term bisque is used for a great variety of soups, primarily because the word sounds nice. Bisque is generally used for shellfish soups but nevertheless the word bisque is applied to many of the vegetable puree soups and cream soups. They are enhanced with wine, brandy and thickened with starch usually in the form of rice. Due to the delicacy of their flavor and the high cost of production bisques are best suited to be served at dinner.

The most likely origin of the word bisque is Biscay, the name of the bay off the coast of south western France and north western Spain. It is sometimes said the word comes from biscuit, because the soup was once thickened by dried bread, but experts say there is no evidence for this origin.



(C) Speciality Soup/international soup

Speciality soups are those soups, which are made from unusual ingredients and are prepared by a distinctive method. So they are sometimes termed as international/national soups. There are numerous varieties of international soups such as cold, hot, thin or thick soups etc. International soups are those soups which are originated from the different places and locality within the different countries. These soups are basically having a great tradition and that's why they are known by their country. They are placed in different categories and their names appear on the menu in the language of the country of its origins. Some of famous international soups are below

Minestrone	Italy
French Onion Soup	France
Scotch Broth	Scotland
Mulligatawny	India
Gazpacho	Spain
Manhattan Clam Chowder	America
Camaro	Brazil
Laberkroedel	Germany
Paprika	Hungary
Bortsch Polonais	Poland
Hotch Pot Flamanda	Belgium
Cock-a-Leekie	Scotland
Creole	New Orleans
Mock Turtle Soup	U.S.A.



Busecca	Italy
Olla Podrida	Spain
Oxtail Soup	England

(3) Soup presentation/soup service

The standard portion of the soup to be served is as under:

- Appetizer portion: 6 to 8 oz (200 to 250 mL)
- Main course portion: 10 to 12 oz (300 to 350 mL)

Temperature at which the soup is mostly served is as follows:

- Serve hot soups hot at 165 °F, in hot cups or bowls.
- Serve cold soups cold at 41 °F, in chilled bowls or even nested in a larger bowl of crushed ice.

(4) Garnishing of soup

Soup can be plain in appearance, thus their presentation can be enhanced with a garnish. Soup garnishes may be divided into three groups.

(a) Garnishes in the soup: Major ingredients, such as the vegetables in clear vegetable soup are often considered garnishes. This group of garnishes also includes meats, poultry, seafood, pasta products, and grains such as barley or rice. They are treated as part of the preparation or recipe itself. Consommés are generally named after their garnish, such as consommé brunoise, which contains vegetables, cut into brunoise shape [1/8-inch (3-mm) dice]. Vegetable cream soups are usually garnished with carefully cut pieces of the vegetable from which they are made. An elegant way to serve soup with a solid garnish is to arrange the garnish attractively in the bottom of a heated soup plate. This plate is set before the dinner, and then the soup is ladled from a tureen by the dining room staff.



(b) Toppings: Clear soups are generally served without toppings to let the attractiveness of the clear broth. Thick soups, especially those that are all one color, are often decorated with a topping. Toppings should be placed on the soup just before service so they won't sink or lose their fresh appearance. Their flavour must be appropriate to the soup. Do not overdo soup toppings. The food should be attractive in itself. Topping suggestions for thick soups include the following: Fresh herbs (parsley, chives), chopped croutons, fine julienne of vegetables, grated parmesan cheese, sliced almonds, toasted crumbled bacon, grated cheese, paprika, sieved egg yolks, egg whites, flavored oils, fried herbs, such as parsley, sage, chervil, celery leaves, leek julienne, sour cream, creme fraiche, or whipped cream, either plain or flavored with herbs or spices

(c) Accompaniments: American soups are traditionally served with crackers. In addition to the usual saltines, other suggestions for crisp accompaniments are: Melba toast, Cheese, straws, Corn chips, whole-grain wafers, breadsticks and profiteroles (tiny unsweetened cream-puff shells)

(5) Storing of soup

While making large batches of thick soup, cool and refrigerate the soup before adding the milk or cream. Great care is to be taken in order to avoid overcooking of meats or vegetables; nevertheless if a large kettle of soup is kept on the steam table all day. Small-batch cooking is applied to soups as well as to other foods. Small batches are frequently heated to replenish the steam table with fresh soup. 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.