## Lab #\_\_\_\_\_\_\_\_ Kitchen Color: \_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_

Knife Skills Lab- Vegetable Soup

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| Ingredients | Steps of Recipe | Equipment |
| Mirepoix   * 2 Tbsp. Butter * 1 onion (Medium Dice) * 2 carrots (diagonal) * 2 stalks celery (Small Dice) * 1 clove garlic (minced) * 2 small potatoes (peeled & medium dice) * 1 cup frozen green beans | * Heat butter in large saucepan. Add carrots, onion, celery, & garlic. Start to soften over medium heat, about 10 minutes. Season w/ S&P * Stir in potatoes & green beans. Season w/ S&P |  |
| * 1 ½ qt. chicken stock * 1- 15oz can diced tomatoes * 1 Tbsp. Tomato Paste | * Stir in broth, canned tomatoes, tomato paste. Season with S&P. * Bring to a boil. Reduce to simmer, partially covered, until almost tender, about 20 minutes. |  |
| * 1 cup- Dry Egg Noodles * ¼ c. chopped Fresh Parsley | * Stir in egg noodles. Bring back to a boil and summer, about 5 minutes. * Stir in Parsley |  |
| Serve 15 samples in bathroom cups  Serve yourself in Styrofoam bowls | | |

Soup Evaluation

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| --- | --- |
| Flavor | 1 2 3 4 5  Comments: |
| Texture | 1 2 3 4 5  Comments: |
| Appearance: Color | 1 2 3 4 5  Comments: |
| Appearance: Knife Cut precision | 1 2 3 4 5  Comments: |
| Temperature | 1 2 3 4 5  Comments: |
| Teamwork | 1 2 3 4 5  Comments: |
| Cleanup | 1 2 3 4 5  Comments: |

## Lab #\_\_\_\_\_\_\_\_ Kitchen Color: \_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_

Knife Skills Lab- Corn Chowder

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| Ingredients | Steps of Recipe | Equipment |
| Mirepoix   * 2 Tbsp. Butter * 1 onion (Medium Dice) * 2 carrots (diagonal) * 2 stalks celery (Small Dice) * 1 clove garlic (minced) | * Heat butter in large saucepan. Add Onion, Sauté 3-4 min. * Add carrot, garlic, & celery, Sauté 5 min. Season w/ S&P. |  |
| * 1 bay leaf * 3 ½ c. milk | * Add corn, milk, & bay leaf. * Bring to a boil, reduce to low simmer. Cover & cook 5 min. |  |
| * 1 medium potato (peel & small dice) * 2 c. frozen corn * 1/3 red bell pepper (brunoised) * 1 tsp. fresh thyme leaves | * Remove Bay Leaf * Raise heat to medium; add potatoes, red pepper, and corn. Simmer 10 minutes. * Add thyme leaves. Season with S&P, Simmer 5 minutes. |  |
| Serve 15 samples in bathroom cups  Serve yourself in Styrofoam bowls | | |

Soup Evaluation

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| --- | --- |
| Flavor | 1 2 3 4 5  Comments: |
| Texture | 1 2 3 4 5  Comments: |
| Appearance: Color | 1 2 3 4 5  Comments: |
| Appearance: Knife Cut precision | 1 2 3 4 5  Comments: |
| Temperature | 1 2 3 4 5  Comments: |
| Teamwork | 1 2 3 4 5  Comments: |
| Cleanup | 1 2 3 4 5  Comments: |

## Lab #\_\_\_\_\_\_\_\_ Kitchen Color: \_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_

Knife Skills Lab- Perfect Potato Soup

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| Ingredients | Steps of Recipe | Equipment |
| Mirepoix   * 2 Tbsp. Butter * 1 onion (Medium Dice) * 2 carrots (diagonal) * 2 stalks celery (Small Dice) * 1 clove garlic (minced) | * Heat butter in large saucepan. Add Onion, carrot, garlic, & celery, Sauté 2 min. Season w/ S&P. |  |
| * 3 small potatoes (peeled & Medium dice) | * Add potatoes, season with S&P & cook 5 min. |  |
| * 1 qt. chicken broth | * Add broth, bring to a gentle boil. Cook for 10 minutes. |  |
| * 2 Tbsp. flour * 1 cup milk | * Whisk milk & flour together in liquid measuring cup. * Pour in soup & cook for 5 minutes. * Remove ½ of soup and blend in a blender and process until smooth. Pour back into the soup. |  |
| * 1 c. grated Mexican blend cheese * 1 tsp. Minced fresh parsley | * Stir in cheese & parsley. Taste and season w/ S&P if necessary. |  |
| Serve 15 samples in bathroom cups  Serve yourself in Styrofoam bowls | | |

Soup Evaluation

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| --- | --- |
| Flavor | 1 2 3 4 5  Comments: |
| Texture | 1 2 3 4 5  Comments: |
| Appearance: Color | 1 2 3 4 5  Comments: |
| Appearance: Knife Cut precision | 1 2 3 4 5  Comments: |
| Temperature | 1 2 3 4 5  Comments: |
| Teamwork | 1 2 3 4 5  Comments: |
| Cleanup | 1 2 3 4 5  Comments: |

## Lab #\_\_\_\_\_\_\_\_ Kitchen Color: \_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_

Knife Skills Lab- California Medley Cheese Soup

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| Ingredients | Steps of Recipe | Equipment |
| Mirepoix   * 2 Tbsp. Butter * 1 onion (Medium Dice) * 2 carrots (diagonal) * 2 stalks celery (Small Dice) * 1 clove garlic (minced) | * Heat butter in large saucepan. Add Onion, carrot, garlic, & celery, Sauté 5 min. Season w/ S&P. |  |
| * 2 Tbsp. flour * 1 qt. chicken broth | * Sprinkle flour over sautéed vegetables. * Add broth, turn heat to high, and stir constantly until thickened. |  |
| * 1 crown broccoli (florets) * 1/3 crown cauliflower (florets) * 2 sprigs thyme leaves | * Add broccoli and cauliflower * Bring to a boil, reduce to simmer. Season with Thyme, S & P. Simmer for 15 minutes. |  |
| CHEESE SAUCE   * 2 Tbsp. Butter * 2 Tbsp. Flour * 1 ½ c. milk * 8 oz. Sharp Cheddar Cheese | * In a small saucepan, melt butter over med-high heat. * Add flour & whisk into a thick paste. * Add milk & stir constantly until thickened. Season w/ S&P * Add cheese, turn off heat and stir until melted. |  |
|  | * Once Cheese sauce & soup is ready, stir cheese sauce into soup until combined. Taste and season w/ S&P if necessary |  |
| Serve 15 samples in bathroom cups  Serve yourself in Styrofoam bowls | | |

Soup Evaluation

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| --- | --- |
| Flavor | 1 2 3 4 5  Comments: |
| Texture | 1 2 3 4 5  Comments: |
| Appearance: Color | 1 2 3 4 5  Comments: |
| Appearance: Knife Cut precision | 1 2 3 4 5  Comments: |
| Temperature | 1 2 3 4 5  Comments: |
| Teamwork | 1 2 3 4 5  Comments: |
| Cleanup | 1 2 3 4 5  Comments: |

## Lab #\_\_\_\_\_\_\_\_ Kitchen Color: \_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_

Knife Skills Lab- Creamy Tomato Soup

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| Ingredients | Steps of Recipe | Equipment |
| * 1 (28 oz.) can diced tomatoes * 2 Tbsp. Fresh Basil (chiffonade) * 2 cloves garlic (thin slice) * 1 tsp. balsamic vinegar * 1 Tbsp. Olive Oil | * Strain tomatoes, reserving juice. * Place tomatoes, basil, garlic, vinegar, & olive oil in a mixing bowl and toss to mix. * Foil line baking sheet, and evenly spread. Season with S&P. * ROAST in 400⁰ oven until caramelized |  |
| Mirepoix   * 2 Tbsp. Olive Oil * 1 onion (Medium Dice) * 2 carrots (Diagonal) * 2 stalks celery (Small Dice) * 1 clove garlic (minced) | * Heat butter in large saucepan. Add Onion, carrot, garlic, & celery, Sauté 5 min. Season w/ S&P. |  |
| * 2 c. chicken broth * 1 bay leaf * 1 tsp. sugar * 2 Tbsp. Butter | * Add roasted tomatoes, chicken broth, bay leaf, sugar and butter & reserved juices * Season with S&P * Simmer 10 minutes * Remove Bay Leaf * Purée, using a blender, in batches until smooth |  |
| * 2 Tbsp. Heavy Cream | * Add heavy cream, season |  |
| Serve 15 samples in bathroom cups  Serve yourself in Styrofoam bowls | | |

Soup Evaluation

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| --- | --- |
| Flavor | 1 2 3 4 5  Comments: |
| Texture | 1 2 3 4 5  Comments: |
| Appearance: Color | 1 2 3 4 5  Comments: |
| Appearance: Knife Cut precision | 1 2 3 4 5  Comments: |
| Temperature | 1 2 3 4 5  Comments: |
| Teamwork | 1 2 3 4 5  Comments: |
| Cleanup | 1 2 3 4 5  Comments: |

1. What did you specifically cut, prep, measure, etc (List ALL)

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1. What did you specifically help clean (List ALL)

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1. Describe Mise En Place and its importance during lab

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1. What is Mirepoix? Why is it a good base for a soup recipe?

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1. Compare the homemade soups made today in lab, to canned soup. THINK (time, money, flavor, nutrition, etc.)

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1. What is your big take away lesson from this lab about soup making, knife skill, etc?

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