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

Knife Skills Lab- Vegetable Soup

|  |  |  |
| --- | --- | --- |
| 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 cupsServe 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 cupsServe 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 cupsServe 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 cupsServe yourself in Styrofoam bowls |

Soup Evaluation

|  |  |
| --- | --- |
| 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 cupsServe 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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