

2009 Family & Consumer Sciences Summer Conference



Soups

Presented by:

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*Brigham Young University
Provo, Utah*

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Soups

Objectives: By the end of this class, students will be able to:

- list different categories of soups.
- identify principles of soup production.
- understand concepts of various thickening agents.
- prepare different types of soups.

Class Sequence:

- Class discussion on soups & thickening agents
- Chef demonstration on thickening agents – roux and cornstarch
- Review recipes and production
- Prepare and evaluate soups
- Sanitation and class review



VEGETABLE BARLEY SOUP

<u>Amount</u>	<u>Ingredient</u>
2 Tbsp.	butter
1 tsp.	garlic, chopped
4 oz.	onion, small dice
4 oz.	carrots, small dice
4 oz.	celery, small dice
½ each	red pepper, small dice
2 qts.	vegetable stock
½ cup	barley
1/2 each	zucchini, small dice
8 oz.	tomato, small dice
4 oz.	garbanzo beans, drained & rinsed
4 oz.	black beans, drained & rinsed
2 each	bay leaves
1 tsp. each	sugar, salt, black pepper, curry powder
1 tsp. each	paprika, Worcestershire sauce
as needed	parsley, chopped

Yield: 3 qts.

METHOD OF PRODUCTION

1. Melt butter in a large saucepan. Add garlic, onions, carrots, celery and red pepper. Cook until ½ done.
2. Add vegetable stock, barley and diced tomato. Bring to a boil and reduce to a simmer. Simmer for ½ hour.
3. Add all remaining ingredients except for the parsley. Simmer until the barley is tender; about 1 hour total. If soup becomes too thick, add more vegetable stock.
4. Adjust seasoning if necessary.
5. Remove bay leaves before service. Garnish with chopped parsley.

CREAM OF BROCCOLI SOUP

Amount

2 Tbsp.
5 oz.
4 oz.
1 lb. & 4 oz.
1 qt. & 1 pt.
1 cup
to taste
to taste
as needed

Ingredient

butter
onion, small dice
celery, small dice
broccoli florets & stalks - peeled & sliced thin
Chicken veloute, thin consistency - hot
heavy cream
salt
white pepper
broccoli florets, blanched

Yield: ½ gallon

METHOD OF PRODUCTION

1. Heat butter in a medium saucepan. Add onion, celery and broccoli and sweat until vegetables are tender.
2. Add hot veloute to vegetables, mix well, and simmer for 10 minutes.
3. Puree soup with immersion blender or in a food processor in small batches.
4. Season with salt and white pepper.
5. Heat cream and gradually add to the soup.
6. Adjust seasonings & consistency if necessary.
7. Heat garnish and add to soup before service.

PURÉE OF SPLIT PEA SOUP

Amount

3 oz.

6 oz.

3 oz.

3 oz.

2 each

½ gal.

12 oz

1 piece

Bouquet Garni:

1 each

1 tsp.

1 tsp.

to taste

as needed

Ingredient

bacon, small dice

onions, small dice

celery, small dice

carrots, small dice

garlic cloves, minced

chicken stock

split peas

ham hock, smoked

bay leaf

thyme, dried

peppercorns, crushed

salt & black pepper

toasted croutons (garnish)

Yield: 3 qts.

METHOD OF PRODCUTION

1. In a large saucepan, render the bacon by cooking it slowly and allowing it to release its fat; sweat the onions, carrots, celery, and garlic in the fat without browning them.
2. Add the chicken stock, peas, ham hocks, and bouquet garni. Bring to a boil, reduce to a simmer and cook until the peas are soft, approximately 1 hour.
3. Remove the bouquet garni and ham hock. Puree soup with an immersion blender and return it to the saucepan.
4. Remove the meat from the ham hock. Small dice the meat and add it to the soup.
5. Bring the soup to a simmer and, if necessary, adjust the consistency. Season with salt and pepper to taste.
6. Garnish soup with toasted croutons.

GAZPACHO

Amount

1 lb.
2 each
4 oz.
4 oz.
4 oz.
4 oz.
3 each
1/4 cup & 1 Tbsp.
1/4 cup
2 Tbsp.
1/2 cup
1 pt.
2 tsp.
2 Tbsp.
1/2 tsp.
1 1/2 tsp.

Ingredient

tomatoes, peeled, seeded, medium dice
cucumbers, peeled, medium dice
red pepper, seeded, medium dice
green pepper, seeded, medium dice
yellow pepper, seeded, medium dice
red onion, medium dice
garlic cloves, roughly chopped
cilantro, roughly chopped
red wine vinegar
lemon juice
olive oil
V8 tomato juice
Tabasco
salt
black pepper
cumin

Yield: 2 qts.

METHOD OF PRODUCTION

1. Combine all ingredients except the salt, pepper and cumin in a large mixing bowl.
2. In batches, puree the ingredients and transfer to another large mixing bowl.
3. Season soup with salt, pepper, and cumin.
4. Refrigerate for several hours. Adjust seasonings if necessary.
5. When serving, garnish with finely diced cucumber and tri-colored peppers.