

M'm, M'm Soup Basics



Soup History

True or False: Soup is a relatively new addition to the world of cooking.

True or False: Soup is an expensive and unsatisfying meal.

True or False: Soup is accessible to all economic classes or statuses.

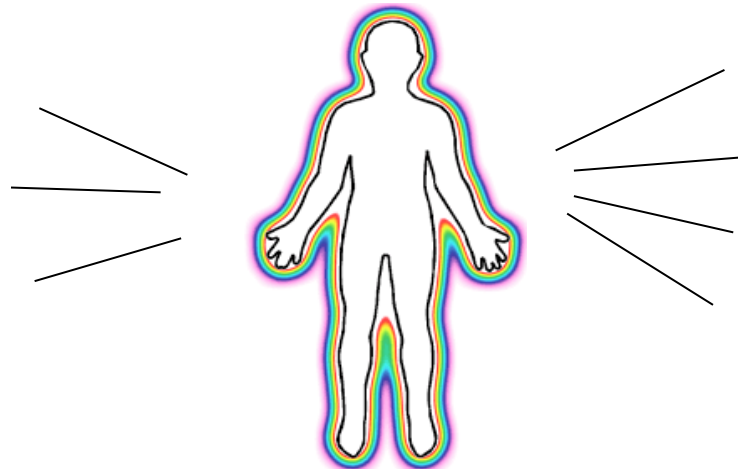
True or False: Soup has many cross-cultural variations.

Briefly describe the origin of soup.

List 4 appeals & advantages of cooking soup.



Soup Health Benefits





Soup Types

Type of Soup	Classifications	Example
C _____	C _____ B _____ B _____	Chicken noodle soup Pot-au-feu Minestrone
T _____	Puree Cream Bisque	P _____ C _____ L _____
MISCELLANEOUS	C _____ S _____ N _____	G _____ C _____ F _____ & F _____



Stocks, Broths & Soups

According to Alton, what's the difference?

Stocks	Broths	Soups





Soup Stock Know-How

Summarize in your own words how to make a basic soup stock.



Soup Know-How for Creaminess

Identify 4 ways that YOU would add creaminess to your soup.



Soup Garnishes

What are garnishes and why are they used?

List 4 examples of garnishes that would be suitable for soups.





Soup Order & Preparation Steps

Sequence the following in the correct order.

- ___ Choose the **BASE**; Examples include _____
- ___ Choose the **FAT**; Examples include _____
- ___ Choose the **MEAT**; Examples include _____
- ___ Choose your **SPICES**; Examples include _____
- ___ Choose your **VEGGIES**; Examples include _____

Sequence the following **STEPS** in the correct order.

- _____ Add in additional veggies and let cook for 5-10 minutes, or until fork-tender. Add softer veggies towards the end, like spinach.
- _____ Add cream if you want a cream soup. Transfer to a high-speed blender if you want a fully pureed soup.
- _____ Add in your base(s) and then in your spices and mix well to combine.
- _____ Bring to a boil then reduce heat and let simmer.
- _____ Garnish and enjoy!
- _____ Heat your fat with your aromatic veggies (like garlic and onion).
- _____ Sauté for 3-5 minutes then add in your meat and cook until brown (remove any meat bones if you have)





Soup Etiquette

Write a + on the line if it is an acceptable etiquette practice and a - on the line if it is an unacceptable etiquette practice.

1. _____ Fill the spoon only about 2/3 full to prevent dripping.
2. _____ Tip your bowl away from you if you must get the last spoonful.
3. _____ Blow on your soup if it's too hot...or add ice cubes from your water glass! Eat the cooler part near the edge of the bowl first.
4. _____ Rest your spoon on the serving plate that's under the bowl when taking a break to eat a bite of bread, sip your beverage, or blot your lips.
5. _____ Put the entire spoon in your mouth. Tilt it and sip from the side.
6. _____ Place your spoon on the underlying plate when finished, alongside the bowl. If there is no underlying plate, leave the spoon in your bowl.
7. _____ Make slurping noises when sipping your soup.
8. _____ Crumble crackers into the soup at a business meal.
9. _____ Ladle the soup away from you.
10. _____ Float a few oyster crackers in a bowl of seafood chowder.

