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Production of Courseware

-Content for Post Graduate Courses



Paper 04: Food Production Operations & Management

Module 10: Soups



THE DEVELOPMENT TEAM

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ITEMS	DESCRIPTION OF MODULE
Subject Name	E PG Pathshala in Tourism and hospitality
Paper Name	Food Production Operations & Management
Module Title	Soups
Module ID	Module – 4.10
Pre-requisites	Basic knowledge about Stocks, Appetizers, Flavourings, Thickening Agents
Objectives	Identify various types of soups used in the kitchens and classify them Know the preparation of various soups Know the classical international soup Know the various classical garnishes served with soup Understand the salient features of making a good quality soup
Keywords	Types of Soups, Classifications, Soup Garnishes, International Soups, Serving Soups

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Learning objectives

After reading this chapter you should be able to:

- Identify various types of soups used in the kitchens and classify them
- Know the preparation of various soups
- Know the classical international soup
- Know the various classical garnishes served with soup
- Understand the salient features of making a good quality soup

Soups can be defined as a liquid food which is normally made by boiling the meat, fish or vegetables etc. in the stock or water. It was as far as back about 20,000 BC. When the soups came into existence. Like today in earlier ages the technique of boiling was not a common technique. It became normal to use the boiling technique when the waterproof containers came into existence. In earlier ages hot rocks were used to boil the water and even for cooking few plants. The word soup is being derived from the French word “SOUPE” meaning the slice of bread on which the cooking pot’s contents were poured. If we talk about soups then soups are being classified into two main categories clear soups and the thick soups which as above explained are the liquids made from boiling the meat, fish and aromatic vegetables etc. with stock or water. The further classification of the soups is elaborated below. If we say then soups are the liquids even the stews are and these both are similar and in some cases there is not much difference between the soups and the stews, but if we find the difference between them then soups have more liquid as compared to the stews. Soups are basically as the starters before serving other dishes but these are being consumed as the main course as well in certain cases.

The categorization of the soups is expanded below:

Classification of soups:



Soups are mainly categorized into three categories as narrowed down in above chart. And they are elaborated below:

Thin Soups: The thin soups are the soups which are unthickened as the name indicates; these are the clear soups which are usually made from the broth and the stock. These soups are generally served plain but they can be served with varieties of garnishes like vegetables and meat. These soups generally are of running consistency. In particular: bouillon and consommé. And then the thin soups are also further classified into the passed soups/clear soups and the unpassed soups and its classification will be expanded below.

THICK SOUPS: As the name indicates the thick soups are the soups which are thick and opaque they are non transparent. These soups are thickened majorly through two ways by adding the thickening agents like roux, or for making the consistency heavy the puree of one or more ingredient is added. The basic differentiation between thick soup and unpassed soup is that thick

soups are viscous in nature. The thick soups are further divided according to the thickening agent being added. We can get the thick consistency from various measures; puree, bisque, cream soups, chowder.

SPECIALITY: As the name indicates these are the soups which are specially prepared or these soups are basically those soups which are the specialty or are prepared in a particular country or region. One more point is notable that the soups which don't fit in the above two major categories of the soups. Most specialty soups will have the same points as that in the thick or the thin soups. Specialty soups are generally well known and are distinguished because of various ingredients and methods for instance, turtle soup, gumbo peanut soup, and cold fruit soup. Few cold soups are considered as the specialty soups, but if we see then most of the popular cold soups basically fall under the category of thick soups and cold versions of basic clear. Some of the examples are jellied consommé, cold cream of cucumber soup, and vichyssoise (vee shee swahz). The specialty soups basically include national and regional soups and cold soups.

In particular some examples of the national and regional soups include.

Soup name: country name

- ❖ Minestrone : Italy.
- ❖ French onion soup : France
- ❖ Scotch broth : Scotland
- ❖ Gazpacho : Spain

1. **Thin soups** can be defined as the soups which are transparent not opaque and are clear and unthickened. These soups have basically the running consistency very thin. These soups can be served plain and even can be served with garnishes like the variety of vegetables, & meats. The thin soups can be further classified various parts such as passed/clear soups, unpassed, consommé, broth, bouillon, vegetable soup etc. as listed below :

- **Passed/clear soups:** passed or clear soups, as the name totally says these are the thin soups which are very clear and are transparent. The soups are normally strained by a strainer or a muslin cloth after these are being prepared just to get the clarity in the soup. The main points to be considered about these soups are that these soups are clear, transparent, and flavorful and these don't include any solid ingredient in them. These soups can be generally based upon poultry, beef, veal and vegetables. The basic soup which comes under the passed or the clear soups are the consommé.
- **Consommé:** the point here is that what is the consommé word actually means “completed” or “concentrated” in other words if we say consommé means the strong concentrated stock. Whenever we define consommé we just define it as a clarified stock and forget to explain the points above. Consommé is basically a clear soup, a soup which is being concentrated or clarified to make it transparent. It was necessary in the classical cuisine to call the stock a consommé. The first point which is to be considered while preparing consommé is that it should be strong rich and flavorful. And second thing to be considered is that it should be clarified. A good consommé is

the one with the mellow but should have full aroma and should have plenty of body that it can give some feel in the mouth. A good consommé is the one that can give great pleasure while having it.

- **Unpassed soups:** the unpassed soup, name just simply indicates that the unpassed soup is the one which is not clear enough like that of passed soup. The unpassed soups are the one which have the same properties as that of the passed soup. Even these soups preparation method is same as of the passed or the clear soups and even the ingredients which are being used to prepare the passed soup are also used to prepare the unpassed soups in particular: veal, beef, poultry and vegetables. But the only thing which makes these two soups different is that these unpassed soups are not passed through the strainer or muslin cloth and these soups contain the solid ingredients in them. The basic two examples of the unpassed soups are broths and bouillons. And these two are elaborated below.
- **Broth:** the broth is a type of unpassed soup and the broth and the stock are just the same but the main difference between the broth and the stock is that the broth is made by simmering the meat and vegetables while the stock is made by simmering the bones and vegetables. Broths are normally served in two ways it can be served with light garnishes or only with seasoning. In particular plain chicken broth is commonly served as a restorative for invalids. Broths are also used in the clear soups and the vegetable soups in the place of the stock
- **Bouillon:** as it comes under the category of the thin soup it is also considered as a unthickened soup. As mentioned above the broth and the bouillon fall under the

category of the unpassed soup. The bouillon is just the synonym of the broth. The term court-bouillon means recipes calling for seafood.

- **Vegetable soup:** vegetable soup can be defined as the soup which is being prepared using various vegetables. This soup is based upon the stock and the broth and is a clear seasoned soup with the addition of certain vegetables, generally carrots, celery, tomatoes and beans. It can be made with the combination of few vegetables and not just this the basic ingredients in addition of the vegetables can include in particular chicken, vegetable broth or stock.

2. **Thick soups:** thick soups can be defined as the soups just opposite to the thin soups.

These soups don't have the running consistency. These soups are thick and are not clear.

These soups are non-transparent soups. These are the soups which have a thick consistency and these soups are being thickened by adding the thickening agent in them in particular roux, or are thickened with the puree of one or more ingredients for making the consistency heavy and thick. The thick soups are further categorized in various types and those all are elaborated below.

- **Cream soups:** Cream soups can be defined as the soups which come under the category of the thick soups. These soups are being thickened with puree of vegetables, meat, fish or poultry etc. these are the soups in which the main ingredient used plays a great role in giving the name to the soup as the name of the soup is kept after the name of the main ingredient in particular if we say then for instance: crème de tomato, which is basically a

cream soup made from tomato. Cream soups are basically thickened with various thickening agents such as roux, beuree manie, and liaison. These soups are just identical to the veloute and béchamel sauces. In order to get the right consistency the milk is being used in these soups for diluting the soup. Cream soups are soups thickened using roux, Beurre Maine, liaison or other ingredients. They are usually named after their main ingredient such as crème of tomato. These soups are being thickened using the various thickening agents like roux, beuree manie, and liaison. These soups are just identical to the veloute and béchamel sauces. In these soups to get the right consistency the milk is being diluted with the soup.

- **Puree soups:** Puree soups can be defined as the soups which are being made by the adding the puree of one or more ingredients in the soups. In the puree soup what really happens is that the puree of the ingredients is being added in the soup just to make the consistency of the soup heavy and right as this soup is also categorized under the thick soups. The high starched vegetables especially or any vegetables dry or fresh are simmered in the stock or the water and then the puree of them is being made which is further added into the soup to make it thick. It may happen that they may contain milk or may not contain the milk and the cream. The methods of preparing the puree soups depends purely upon what ingredient we are using and which result we are desiring to get. These soups are basically coarser in texture and character but are not as smooth as the cream soups. These soups are easy to prepare. Some the vegetables or ingredients in particular which can be added in these soups are potatoes or rice etc.

- **Veloute soups:** The word veloute is a French term which in English if we translate means velvety. The veloute soups are the soups which come under the category of the thick soups. These are the soups which generally have the finishes texture of the soup as well as the finished appearance of the soup. The veloute soups as explained above are the thick soups, therefore for getting the thick consistency of these soups various thickening agents are being used which are being flavored by different stock bases just according to what we require. The two major thickening agents which are being used in the veloute soups for getting the thick consistency are blond roux and veloute sauce. In order to get the velvety finish required, the liaison of egg yolk and cream must be added just before the service. The way veloute sauce is being made is just the same way the veloute soup is being prepared but the only difference is that egg yolk is added in the soup just before the service to get the velvety finish in the soup and the name indicates veloute.
- **Bisque:** This soup also comes under the category of thick soups these are the soups which are generally made from the shellfish. The bisque is a cream soup which is being prepared with the shellfish. Earlier the bisques were thickened by the rice but not the roux is being used as a thickening agent for making their consistency thick. These soups are basically considered the luxury soups, as these soups are expensive to prepare and are rich in taste. These soups are prepared from cream soups. These soups and the cream soups are alike but these soups are more complex as compared to the cream soups due to handling of the shellfish and the variety of flavoring ingredients which are being often used in this soup. Because the words sounds nice the term bisque has come to be used for variety of soups. It is being observed that the term bisque is being applied to many of the

vegetable puree soups and the cream soups. The wine and brandy is also being added to these soups just to enhance the soups.

- **Chowder soups:** These soups are mainly originated in the America. These soups can be referred to the hearty soups which are being prepared by the fish, shellfish, or the vegetables etc. most of these soups are based on the fish, shellfish and vegetables whereas most of them are prepared from potatoes and milk or cream. There are many types of this soup which falls under the category of cream soup and the puree soup but are not actually pureed but are left chunky. The word chowder is taken from the French word 'Chaudière' meaning a heavy pot which is being used by the farmers and fishermen for the purpose of cooking the soups and stews.

Liaison: Liaison can be defined as a binding thickening agent which is being normally based upon the egg yolks. Therefore the liaison is three parts of the egg yolk and two part of the cream.

Specialty soups: Let's just talk discuss about specialty soups. Specialty soups are all those soups which can't just fall under the category of the thin or the thick soups, in other way if we see then the specialty soups can also be defined as the soups which are particularly prepared in a country or region.

Soup name	-	country name
A. Minestrone	-	Italy
B. Gazpacho	-	Spain
C. French onion soup	-	France
D. Manhattan clam chowder	-	USA

E. Scotch broth	-	Scotland
F. Paprika	-	Hungary
G. Cock-a-leekie	-	Scotland
H. Green turtle soup	-	England
I. Mulligatawny	-	India
J. Camaro	-	Brazil
K. Laberkroedol	-	Germany
L. Bortsch	-	polonaise
M. Hotch pot flamanda	-	Belgium
N. Busecca	-	Italy
O. Ola podrida	-	Spain
P. Boillabaise a la provencale	-	France
Q. Oxtail soup	-	England
R. Chicken broth	-	England
S. Creole	-	new Orleans

3. Cold soups can be considered as those soups in which the natural gelatin's jellies are included. This can be done by adding the gelatin powder or those that are thickened with starch or puree. Some of these soups also fall under the category of the specialty soups, but most of the famous cold soups are considered as cold version of basic clear and thick soups. Now a days if we see then these soups have become the important thing to serve in the summer parties, therefore any summer party is nowadays incomplete without adding cold soup in the menu. As it has become the patter to serve this soup in the parties.

Basic recipes:

The garnishes which are being commonly used for the soups

Garnishes for the soups are categorized into three major categories and those listed and elaborated below:

1. Garnishes which are being majorly used for the soups.

Garnishes are the part of the recipe we cannot consider them anything that can be added on. The main ingredients which come under the soup are the vegetables for using them in the clear vegetable soup. The soup garnishes may also add meat, poultry, pasta sea foods and even the grains in particular barley or rice.

2. Toppings.

Toppings are another major division of the garnishes of the soups. Toppings are for making the soup look good just giving the finish to it. But if we talk about the clear soups the clear soups are serving without adding any toppings to them just to display the attractiveness of the clear broth and just to display all the efforts which were made while preparing the soup and even to display the carefully cut vegetables. The chopped parsley and chives can be added as the topping to the soups. Let's just not talk about the clear soups apart from these the thick soups especially which have just one color are adorned with various toppings just to give them the final touch so that they look more attractive. Just to prevent topping from getting sink or to prevent from losing their appearance the toppings must be added on the top of the soup just before serving them so that they can look fresh. The topping should be good and appropriate

topping shouldn't be overdone. Topping must be added on the soup according to the taste and the flavor of the soup. The basic ingredients which can be used as toppings are.

- Croutons dices or other shapes made from bread, toast, pastry.
- Profiteroles prepared from choux pastry. They are small cream puffs filled or plain.
- Cereals rice or barley
- Cheese balls or grated parmesan cheese served with croutons on the side.
- Unsweetened whipped cream or sour cream
- Meats usually small dices or juliennes.
- Poultry same as meat.
- Seafood diced or flaked. Cut into large enough pieces.
- Pasta, noodles, spaghetti, other pasta products such as star letters, cornets etc.
- Freshly chopped herbs.
- Fried herbs such as parsley, sage, chervil, celery leaves, leek juliennes.

3. Accompaniments.

Accompaniments can be defined as the food stuff that can be served with any other food so that it may accompany it. If we talk about America then according to their tradition the soups are being served with the crackers. Some other crisp accompaniments are listed below:

- Melaba toast
- Corn chips
- Bread sticks

- Cheese straws
- Profiteroles(tiny unsweetened cream puffs)
- Whole grain wafers

CONCLUSION

Soup or potage, as called in French is one of the most important courses on the French menu. It acts as an appetizer course rather than a meal and hence, the portion sizes are decided accordingly. Heavy soups are served in smaller quantities than lighter soups such as broths and consommés.

Soups are found on every menu today. Be it the menu of a fine dining establishment or fast food joint. Soups are always featured, as most of the people opt for it considering that it is a healthy option. A soup is the extraction of flavors blended into a full-bodied stock, so it would be right to say that stocks form the backbone of the soups. The character of the soup depends upon the food quality stock used and the temperature always plays a very important part in the service of soups. As this would be one of the first courses, chefs need to ensure that the soup makes a positive impact on the guest. Hot soups are more than welcome in all seasons, particularly in winters and on the other hand, cold soups are favorites in hot climates. Always warm the soup cups or the plates before pouring the soups to serve them piping hot.