



Province of the  
**EASTERN CAPE**  
EDUCATION

# **HOSPITALITY STUDIES**

## **GRADE 11**

### **TERM 2 WEEK 7**

## **SOUPS NOTES**

This document consists of 8 pages.

A soup is a savoury liquid food made by boiling ingredients, such as meat & vegetables, in stock or hot water, until the ingredients are cooked, & the flavour extracted.

### **Vegetable Soups:**

Excellent source of nutrients, but not enough carbohydrates and protein to fuel your body

Low in calories and fats

Vitamin A and C, potassium, folate and fibre (Vegetables and beans)

Boost levels of lycopene and beta-carotene (tomatoes and carrots)

Clear broths have fewer calories and less saturated fats than creamed soups. Cream soups can be healthy, but eat in moderation (health risk from saturated fats).

Canned soups have a high sodium content.

Soups can be placed either in the veg OR protein group on the food pyramid, depending on their ingredients.

## **TYPES OF SOUPS**

### **(1) CLEAR SOUPS**

- a) **Broths** – unthickened, full flavoured soup made from meat, poultry, fish or vegetables cooked in a liquid
- b) **Consommé** – rich, flavourful stock or broth that has been clarified with beaten egg whites to make them clear, fatless and transparent

Consommés are named after their garnish:

- *Julienne* – julienned strips of onions, carrots or celery
- *Royale* – cubes of egg custard
- *Vermicelli* – cooked, broken vermicelli
- *Celestine* – strips of herb pancakes

They are traditionally served in a bowl with two handles and eaten with a soup spoon.



**Beef broth**



**Fish Broth**



**Vegetable Broth**

**Consommé Celestine**



**Consommé Julienne**



**Consommé Royale**



**Consommé Vermicelli**



## (2) THIN SOUPS

Unthickened soups made from water, stock or milk. Veg, meat, pasta or grains are added for texture.

## (3) THICKENED SOUPS

All soups thickened with vegetables, rice, cereal, flour, flakes, roux, beurre banie, cream, grain or potatoes.

### (a) *Cream soups*

- Made with milk or cream
- Thickened with a roux or liaison
- Named after its main ingredient

### (b) *Blended / pureed soups:*

- Thickened by pureeing some or all of the ingredients
- Can be made with dried vegetables eg split peas or fresh veg ( usually starch veg – potatoes )
- Are substantial and can be a complete meal

### (c) *Veloute soups:*

- The main ingredient is cooked in a veloute sauce which is then diluted and seasoned.
- Thickened with a liaison



***Cream of Mushroom Soup***



***Blended Split Pea Soup***



***Chicken Velouté***

## (4) SPECIALITY SOUPS

Need special ingredients or techniques that reflect the cuisine of a specific region.

- **Bisques** – thickened soup from shellfish, and finished off with cream
- **Chowders** – hearty, chunky American soup (contain fish, shellfish and veg like potatoes and corn)
- **Cold soups** – include cold soups and fruit soups
- **Vichyssoise**- Potato and leek soup (served hot or cold)
- **Borscht** – Cold Beetroot soup (Russian)
- **Gazpacho**- Cold raw vegetable soup (Spain)



## CHARACTERISTICS OF A GOOD SOUP

- Hot soups must be served piping hot
- Chilled soups must be served cold
- No fat on surface
- Well-flavoured and tasty
- Correct consistency
- Good colour
- Look attractive without too much garnish

### ***Choosing ingredients:***

- Use tougher, cheaper meat cuts
- Choose seasonal vegetables
- Use fresh or frozen vegetables
- Add whole grains (e.g. barley / whole-wheat pasta) to hearty soups

### ***Preparing ingredients:***

- Cut vegetables uniformly, so ensure even cooking and attractive soup
- Vegetables should be large enough to identify, but small enough to eat with a spoon
- Use a good quality, tasty stock
- Hard vegetables can be grated (will have greater contact with the water, so more nutrients will be extracted)
- Add potatoes later, or cut into large chunks as they make the soup cloudy
- Cut meat into small even pieces
- Add salt at the beginning of the cooking process

## **COOKING SOUPS**

### ***(a) Meats, poultry and fish:***

- Add tougher meats early in the cooking process
- Add poultry early enough so that it cooks through
- Add fish near the end to prevent overcooking

### ***(b) Grains and Pasta:***

- Cook first and then add to the soup
- Or cook in the soup liquid, but allow a longer cooking time

### ***(c) Beans and legumes:***

- Add soaked beans early

### ***(d) Dense / starchy veg:***

- Potatoes and carrots take about 45 minutes to cook

### ***(e) Green veg:***

- Add during the final 15 minutes of cooking

### ***(f) Seasoning:***

- Lemon juice or vinegar enhances the flavour
- Add fresh herbs just before serving
- Add spices at the beginning to bring out their flavour

## CONVENIENCE SOUPS

- Ready and easy to use
- Saves time, money and labour
- Consistent quality
- Canned soups – reheated straight from the can
- Condensed soup – mix with liquid before heating
- Dehydrated soups (packet soups) – mix with water and simmer until thick



## GARNISHES

- Can also be an accompaniment
- Certain garnishes add texture, flavour and enhance the appearance (e.g. croutons / bacon bits)
- Diced meat in clear soups adds texture, flavour and nutritional value
- *Clear soups*: julienne cuts of main veg / pasta / croutons / crepes / barley / rice
- *Cream soups*: toasted slivered nuts / sour cream / grated cheese / fleurons / slices or florets of main ingredient
- *Puree soups*: julienned ham or poultry / sliced sausage / croutons / grated cheese / bacon bits
- *Any soups*: finely chopped herbs

Soups are normally served with fresh bread, bread rolls or breadsticks.

Serve 150-200ml for a starter and 250ml as a main

