**FOOD STUDIES 9/10**  NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2019-20 TA\_\_\_\_ Set \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Learning Guide 9

Light and Hearty Soups!!

In Medieval days, the work “soupe” referred to a piece of bread boiled in meat stock or porridge…the name eventually came to be used for the boiled meat and later, in our time, for the liquid. Ref: the Canadian Cookbook, p 89.

Learning Outcomes:

On completion of this learning guide you will be able to:

* Describe the food value in cream soups.
* Prepare a cream soup using a basic white sauce.
* Explain cookery principles when cooking milk and/or cheese.

Resources:

1. Management and Foods p94-96
2. On the creation of a roux to thicken soups:

*Scoff –* How to Make Thick Soup | [www.youtube.com/watch?v=QGBzLguYRUI](http://www.youtube.com/watch?v=QGBzLguYRUI) (Youtube)

1. On the infusion of flavors when cooking with water:  
   *Epicurious* - 4 Levels of Chicken Soup: Amateur to Food Scientist (Youtube)  
   [www.youtube.com/watch?v=QzWbrmbdekU](http://www.youtube.com/watch?v=QzWbrmbdekU)

## *Evaluation:*

* 1. Lab 50%
  2. Soup and Milk Questions 20%
  3. Personalized Potato Soup Design sheet 10%

## *What you need to do:*

1. Attend the demonstration “Cream Soup Techniques”
2. Complete a lab demonstrating your skills in milk cookery, using a roux and white sauce.
3. Complete the questions attached.
4. Staple all work to this cover sheet and submit with an interview

**LG 9: Soup and Milk Review Questions**

**Reference:** Using the Management and Foods p94-96 handout attached, answer the following in full sentences. Staple your completed work to the LG cover page.

1. How should a soup appear when it’s served (so that it looks like it is properly made and appetizing)?

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1. What is the proper temperature to serve soup at?  
   OR – How do you know it’s the right temperature?

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1. List 2 garnishes for each type of soup.

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1. Typically most soups are thickened with the addition of a *starch*

Identify the most common soup thickeners and how they are created:

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1. Provide specific examples of thick and thin soups.

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1. Compare the nutrient value of thin soups to thick soups. 2 marks

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Continued over…

1. What is the role of calcium in the human body? (6marks)

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1. What is the other name for Vitamin B2 and why is this nutrient important to the body? (2marks)

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1. Lactose is a nutrient present in milk; what is it’s role in the body? (2 marks)

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1. List the role of the following nutrients found in milk: (5 marks)

\_vitamin A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_Phosphorus\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_thiamin\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_Vitamin D\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_Protein\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What two ingredients are needed to make a roux?
2. List four other kinds of liquids you could use in this recipe if you didn’t have milk.
3. If your soup is not thick enough, how do you thicken it without getting lumps?
4. What are some strategies for ensuring that flavours are infused into the liquid of a soup?

Cream of Potato Soup Yield: 2 servings

1 slice bacon (optional)

1/8 of a medium onion, chopped (about 30-40ml)

15 ml flour

1 cup cubed potato, cooked or mashed

1 cup chicken or vegetable broth (or water left from cooking potatoes)

80ml milk or cream

Salt/pepper to taste

Garnish if desired: 5 ml parsley

1. In a medium size pot, fry bacon and onion over medium/low heat until bacon is cooked but not crispy and onion is soft.
2. Remove bacon and blot on paper towel. Chop and save for later.
3. Add flour to onion mixture; stir. (this is a roux)
4. Add broth, potato and bacon bits; simmer on low until soup has thickened and potatoes are tender. (test with fork)
5. Add milk, correct seasonings, heat on low stirring often to prevent burning on the bottom.
6. If desired, puree in a blender; garnish and serve.

Notes from demo:

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Personalized Potato Soup Design

When making choices below consider the following:

* What flavors would complement the ingredients already present?
* What would enhance either the colour or texture of the soup?
  1. *Any cream based additions you would add to your roux:*  
     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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  2. *Extra vegetables you would use in your soup:  
     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
  3. *Herbs & Spices you would use:  
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     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

After the lab assessment of designed choices:

1. *What worked well?*

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1. *What would I do differently?*

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