TVET CERTIFICATE IV in Culinary Arts

Sauces and Soups

CUASS401

Prepare Sauces And Soups

Competence

Credits: 9

Learning hours: 90

Sector: Hospitality and tourism

Sub-sector: Culinary arts

Module Note Issue date: June, 2020

Purpose statement

This module describes the performance outcomes, skills and knowledge required to prepare various stocks, sauces and soups in a commercial kitchen or catering operation.

Stocks, sauces and soups can be classical or contemporary and be from varying ethnic and cultural origins. Soups may be served hot or cold.

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Learning unit 2: Prepare sauces	2.1 A variety of hot and cold sauces are produced from classical and contemporary recipes. 2.2 A variety of thickening agents and convenience products are used appropriately. 2.3 Sauces are evaluated for flavour, colour and consistency and any problems are rectified.	12
Learning unity 3: Prepare Soups	3.1 The correct ingredients are selected and assembled to produce soups, including stocks and prepared garnishes. 3.2 A variety of soups is produced. 3.3 Clarifying and thickening agents and methods are used where appropriate. 3.4 Soups are evaluated for flavour, colour, consistency and temperature and any problems are rectified. 3.5 Soups are presented at the right temperature in clean service ware without drips and spills, using suitable garnishes and accompaniments.	31
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Learning unit 1: Prepare stocks

LO 1.1 Assemble ingredients for stocks

- **Topic 1: Stock ingredients**

Definition

Stock is liquid obtained from the boiling vegetables such as mirepoix, bones, and herbs such as bouquet garni so as to extract its flavor.

Stock ingredients

The following are main stock ingredients:

1. **Bones**

   The kinds of bones used determine the kind of stock.

   - ***Chicken stock*** is made from **chicken bones**.

Notice: Chicken bones or even pork bones are sometimes added in small quantity.

   - **White stock** is made from **beef or veal bones**, or a combination of the two.
   - **Brown stock** is made from **beef or veal bones** that have been browned in an oven.
   - **Fish stock** is made from **fish bones** and trimmings left over after filleting.

2. **Mirepoix**
   - **Mirepoix** (meer-pwah) is a combination of onions (50%), carrots(25), and celery(25%)
3. **Seasonings and Spices**
   - ***Salt*** is usually not added when making stocks.

Herbs and spices are usually tied in a cheesecloth bag called a ***sachet d'épices.***

   - **A basic bouquet garni** a sachet contains pieces of leek and celery, thyme sprigs, bay leaf, and parsley stems.
   - ***Sachet d'epice*** is as sachet contains thyme, bay leave, peppercorn, a whole of garlic clove.

Notice: A bouquet garni and sachet d'épice are used alternatively

LO 1.2 Check quality of raw materials

- **Topic 1: Quality of raw materials**

1. **Good quality of fish**
   - Should have pleasant smell
   - Gills should be pinkish-red color
   - Flesh should be shaped when pressed
   - Good color without discoloration
   - No stickiness
   - Firm to the touch
   - Eyes not sunken
   - On damaging signs on skin

1. .**Quality points of beef**

- The flash should be moist and firm
- The flash should be in light red color
- Flecks of fat should be visible
- Fat should be creamy white in color
- The bones should be pale pink in color

2. **Chicken Characteristics of good quality**

- No discoloration signs on the skin
- Having good smell
- No discoloration on the breast
- Breastbone should be fine and flexible
- The skin should not be broken

Carrots

- ✓ **Identification:** Long, pointed, orange roots.
- ✓ **Evaluation:** Look for bright orange color; crisp, straight, and well shaped; smooth

Celery

- ✓ **Identification:** Pale green stems that form bunches or clusters attached at root end.
- ✓ **Evaluation:** Look for bunches that are straight, compact, well trimmed; fresh green color.

Garlic

- ✓ **Identification:** A pungent member of the onion family, garlic forms bunches of cloves attached at the root end and covered with a papery skin.
- ✓ **Evaluation:** Skin may be white or pink. No brown spots, soft spots, or spoilage; dry skin; no green shoots

Leeks

- ✓ **Identification:** A long, slender member of the onion family with distinctive flavor, milder than onions.
- ✓ **Evaluation:** Look for fresh green leaves; 5–8 cm of white. White part should be crisp and tender, not fibrous.

Spring onions

- ✓ **Evaluation** Bright unblemished hollow green ends and firm small bulb

Onions, Dry

- ✓ **Identification:** A pungent, many-layered bulbous root that is the

kitchen's most common vegetable.

- ✓ **Evaluation:** Select onions that are clean, hard, well shaped; no mold or black fungus; no green shoots. Skins should be very dry.

Shallots

- ✓ **Identification:** Shallots are small, dry-skinned onions that grow in clusters attached at the root end. They have a brown, papery skin and white and purple flesh. Their flavor is milder than that of onions.
- ✓ **Evaluation:** Same as for dry onions

Onions, Green (Scallions)

- ✓ **Identification:** These are very young, immature bulb onions, sold with their stems.
- ✓ Scallions are almost always white varieties of onions, although red varieties can sometimes be found.
- ✓ **Evaluation:** Scallions should have fresh, crisp green tops; little or no bulb formation at white part.

Parsley

- ✓ **Identification:** Parsley is the most common fresh herb used in kitchens. It is used in such quantities that it is included here with vegetables.
- ✓ **Evaluation:** Select bright green, unwanted leaves with no rot.

Tomatoes

- ✓ **Identification:** One of the most widely used vegetables, the fruit of a plant in the nightshade family, related to eggplant, potatoes, and peppers.
- ✓ **Evaluation:** Firm but not hard, with little or no green core. Smooth, without bruises, blemishes, cracks, or discoloration. If under ripe let stand two to three days at room temperature. Do not refrigerate.

Mushrooms, (from up to bottom Enoki, Shittake, Truffle and Oyster**)**

- ✓ **Identification:** Mushrooms are the fruiting body of a fungus.
- ✓ **Evaluation:** Select firm, white caps, closed at the stem. Stems should be relatively short. No dark spots, bruises, or mold.

Cabbage: Green, Red, and Savoy

- ✓ **Identification:** Cabbages are large leaf clusters in dense, round heads (heads may also be flat or elongated, depending on the variety)
- ✓ **Evaluation:** For both green and red cabbage, look for a firm head, heavy for size. Good color. Crisp leaves, finely ribbed. Savoy

cabbage is not as heavy, with darker green, ruffled leaves

Thyme

- ✓ Crushed leaves,
- ✓ Ground Tiny brownish-green leaves; very aromatic

LO 1.3 Prepare Stock equipments and tools

- **Topic 1: Equipments and tools**

Chef knife

Stove

Cutting boads

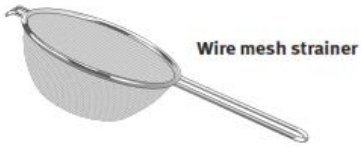
Paring knife

Stockpot

China cap

Strainer

Saucepot



Wire mesh strainer

Fridge

Skimmer

Food containers

❖ **Measuring equipments**

Measuring equipment

- Scales
- Jugs
- Cups
- Spoons

Measuring jug

Use a measuring jug to measure 400 ml of beer for the beer batter.

- **Topic 2: Measurement of ingredients**

As part of mise en place, you need to weigh and measure ingredients. Metric measurements are used in modern recipes.

☑ **Ingredient proportions**

The following are basic proportions for effective measuring stock ingredients, they are widely used, but they are not core rule; depending on skills of chef he/she can apply some variations.

☑ **Stock ingredients proportions**

- Bones: 50 percent or bones is 1
- Mirepoix:10 percent or mirepoix is ½
- Water: 100 percent or water is 2

☑ **Ingredients proportion, Mirepoix, White Stock, Brown Stock, Fish Stock**

Mirepoix To make 400g		**White Stock To make 4 litters**		**Brown Stock To make 4 litters**		**Fish Stock To make 4 litters**	
Ingredient	**Quantity**	**Ingredient**	**Quantity**	**Ingredient**	**Quantity**	**Ingredient**	**Quantity**
Onions	200 g (2)	Bones	2.5–3 kg	Bones	2.5–3 kg	Bones	2–3 kg
Celery	100 g (1)	Mirepoix	500 g	Mirepoix	500 g	Mirepoix	250 g
Carrots	100 g (1)	Water	5–6 l	Tomato	250 g	Water	4 L
		Sachet	1	Water	5–6 l	White wine	250 ml
				Sachet	1	Sachet	1

☑ **Important of stock**

✓ Stock is used as foundation of sauces and soups

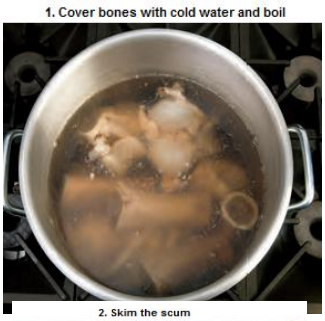
✓ Stock is used as cooking liquid

LO 1.4 Cook various stocks

The stocks are named for its main ingredients they are five types of stocks white stock, brown stock, chicken stock, fish stock and vegetables stock.

- Topic 1: Prepare white stock

A good white stock has rich, full flavor, good body, clarity, and little or no color. Chicken stocks may have a light yellow color



Procedure for Preparing White Stocks

1. Cut the bones into pieces 8 to 10 cm long.
2. Rinse the bones in cold water. (If desired, chicken, veal, or beef bones may be blanched.)
3. Place the bones in a stockpot or steam-jacketed kettle and add cold water to cover.
4. Bring water to a boil, and then reduce to a simmer. Skim the scum that comes to the surface, using a skimmer or perforated spoon.
5. Add the chopped mirepoix and the herbs and spices
6. Do not let the stock boil. Keep it at a low simmer.
7. Skim the surface as often as necessary during cooking.
8. Keep the water level above the bones.Add more water if the stock reduces below this level.
9. Simmer for the recommended length of time:
   Beef bones—8 to 10 hours Chicken bones—3 to 4 hours
   Veal bones—6 to 8 hours Fish bones—30 to 45 minutes
10. Skim the surface and strain off the stock through a china cap lined with several layers of cheesecloth.
11. Cool the stock as quickly as possible, as follows:
12. When cooled, refrigerate the stock in covered containers; Stock will keep 2 to 3 days if properly refrigerated. Stock can also be frozen and will keep for several months.

Basic white stock recipe

To make 10 litters

Ingredients

1) 3.5kg beef bones
2) 250g carrots diced
3) 250g celery (Julienne) } Mirepoix.
4) 500g onions diced
5) 2 bay leave
6) Spring thyme
7) Spring onions } Bouquet garni studded
8) Parsley
9) Leeks
10) 13 litter water

Preparation procedure:

1) Place bones, mirepois, bouquet garni and water in stockpot and bring to boil.
2) Simmer gently
3) Skim the scum
4) Strain the stock
5) Cool or use as necessary

Basic chicken stock

Chicken stock is prepare in the same way as beef or veal white stock but they use white mirepoix

Basic chicken stock recipe

To make 4 litters

1. 4 kg chicken bones
2. 500 mirepoix (White mirepoix)
3. 6 litter water
4. 1 sachet d'epice or bouquet garni

Preparation procedure:

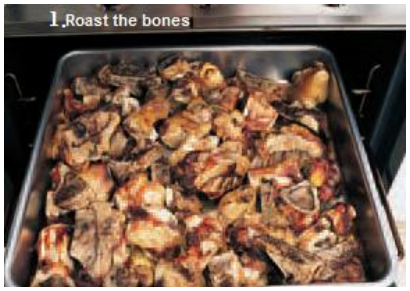
1) Place bones, mirepois, bouquet garni and water in stockpot and bring to boil.
2) Simmer gently
3) Skim the scum
4) Strain the stock
5) Cool or use as necessary

- **Topic 3: Prepare brown stock**

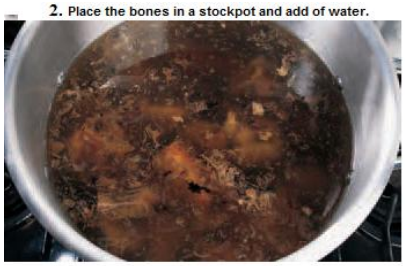
The difference between brown stocks and white stocks is that the bones and mirepoix are browned for the brown stock.

Procedure for Preparing Brown Stocks

1. Cut the bones into pieces, 3 to 4 inches (8 to 10 cm) long, as for white stock. Veal and/or beef bones are used for brown stock.
2. Do not wash or blanch the bones. The moisture would hinder browning.
3. Place the bones in a roasting pan in one layer and brown in a hot oven at190°C or higher
4. When the bones are well browned, remove them from the pan and place them in a stockpot. Cover with cold water and bring to a simmer
5. Drain and reserve the fat from the roasting pan. Deglaze the pan by adding water and stirring over



2. Place the bones in a stockpot and add of water.



3. Roast mirepoix

heat until all the brown drippings are dissolved or loosened. Add to the stockpot.

6. While the stock is getting started, place the mirepoix in the roasting pan with some of the reserved fat and brown the vegetables well in the oven.
7. Add the tomato product to the mirepoix. Continue to brown until the tomato product turns a rusty brown color.
8. When the water in the stockpot comes to a simmer, skim and continue as for white stock.
9. Add the browned vegetables and the tomato product to the stockpot. If desired, they may be held out until 2 to 3 hours before the end of the cooking time.
10. Continue as for white stock.

Basic brown stock recipe To make 4 litters

Ingredients:

1. 4 kg beef bones
2. 500 mirepoix
3. 500 tomatoes product
4. 6 litters water
5. 1 sachet d'épice or bouquet garni

Preparation procedure:

1. Fry bones in fat or oil until brown color
2. Add mirepoix and still frying until they change color
3. Add tomatoes product and stir
4. Cover them with cold water and bring them to boil
5. Simmer
6. Skim the scum
7. Strain the stock
8. Cool the stock
9. Us as needed

- **Topic 4 Preparing Fish Stocks**

Fish stock is made almost in the same way as white stock; bones are fried in oil or butter

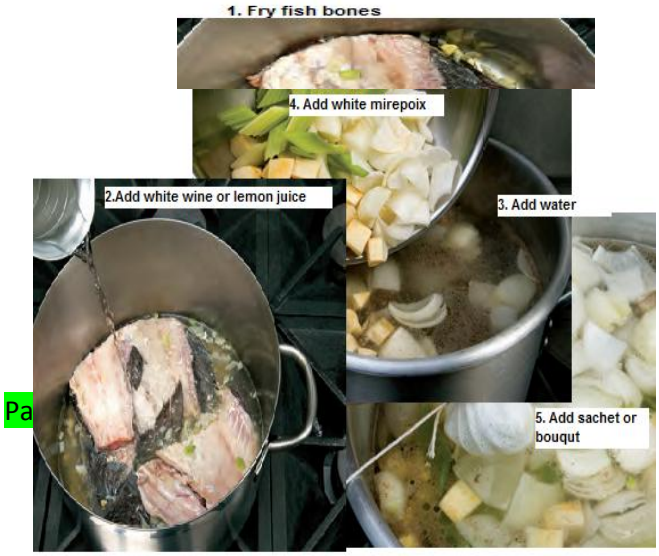
Fish stock

To make 5 litter

1. 50g butter
2. 2 kg white fish bones
3. 200g sliced onions
4. 1 juice of lemon
5. 1 bouquet garni or sachet d'épice

Preparation procedure

1. Melt butter in a saucepan



2. Add fish bone, onions, lemon juice and sachet
3. Cover for 5 minutes without coloration
4. Cover with cold water and boil
5. Simmer for 20 minutes
6. Strain the stock
7. Cool or use as required

- **Topic 5: Preparing vegetable stock**

  - **Basic vegetables stock recipe**

To make 5 litters

Ingredient:

1. 45 ml Oil
2. 500 g Onion, sliced
3. 250 g Carrot, sliced
4. 250 g Celery, batonnet
5. 250 g Leeks, sliced
6. 125 g Mushrooms or mushroom trimmings
7. 125 g Tomatoes, chopped
8. 5 L Water
9. 1 Bay leaf
10. 1⁄4 tsp Dried thyme
11. 1⁄4 tsp Peppercorns
12. 8 Parsley stems
13. 2 Whole cloves

Preparation procedure:

1. Fry the vegetables in the oil in stockpot
2. Add water, mushroom, tomatoes and sachet
3. Bring to boil
4. Simmer for 45 minutes
5. Strain the stock
6. Cool and use as required

- **Guidance to make vegetables stock**

1. Use ingredients with fairly mild flavor
2. Start out with equal amount of each ingredient
3. If you want a particular flavor of a given ingredient, use it as many as possible
4. Sweat ingredients in oil
5. Avoid strong ingredient in flavor
6. Avoid starch
7. Avoid vegetable with dark color
8. Simmer about 45 minutes
9. Do not cover the vegetables
10. Start with enough water

LO 1.5 Preparing other stock related

- **Topic 1: Remouillage and other stock-related preparations**
  - **Remouillage** is a stock made from bones that were already used once to make another stock.

It is done by Adding fresh mirepoix and sachet to the bones, cover with fresh cold water, and simmer about 4 hours. Drain and cool as for regular stock.

- **Reductions and Glazes**

***Reduction* or reducing** is stock concentrated by boiling or simmering them to evaporate part of the water.

A ***glaze*** or *glace* is a stock reduced until it coats the back of a spoon.

- **Procedure for Preparing Glazes**

1. Reduce the stock over moderate heat.
2. Skim the surface frequently.
3. When reduced by half to two-thirds, strain into a smaller
4. Pour into containers, cool, cover, and refrigerate.

- **Stock preparation techniques**

The following are stock preparation techniques
Simmering, Blanching, Cooling, skimming, straining etc

- **Quality characteristics of good stock**

By mastering stock making, cooks can produce quality sauces, soups, gravies and other products. It all begins with a stock that has the four main quality characteristics of:

- ✓ Body
- ✓ Clarity
- ✓ Flavor
- ✓ Color

Learning unity 2: Prepare sauces

LO 2.1 identify the ingredients for different types of sauces

A sauce is liquid served with foods to add more flavor, color, texture and eye appeal to the food, it is usually used as food dressing**.**

- **Topic 1: Sauces ingredients**

Sauces are made from three basic types of ingredients

I. Liquids
II. Thickening
III. Flavoring, seasoning and condiments

1. **Liquid**: the main ingredient in sauce is typically a flavorful liquid such as stock, the flavor of stock should match the flavor of the food you plan to serve with the finished sauce for examples chicken stock is the best choice for sauce to be used with a chicken dish.
2. **Thickening**

A. **Other thickening agent**

1) **Starches as Thickeners**
2) Starches are the most common and most useful thickeners for sauce-making. Flour is the principal starch used. Others available to the chef include **cornstarch, arrowroot, waxy maize, instant or pre-gelatinized starch, bread crumbs, and other vegetable and grain products, like potato starch and rice flour.**
3) **Other thickening agents based on starches**
4) **Beurre manié:** is a mixture of equal parts soft, raw butter and flour worked together to form a smooth paste.
5) **Vegetable purées**: Ground nuts, and other solids can also be used. A simple tomato sauce is basically seasoned vegetable purée
6) **Thickening agent based on proteins**
    - **Blood**: it is added to food at the end to assure food consistence and particular flavor
    - **Egg yolks**: are used as the thickening agent for mayonnaise, hollandaise and related sauces

B. **Roux: will be discussed in LU 1.3**

C. **Seasoning and flavoring agents with condiments**

-Seasoning agents

They are ingredients that enhance flavor without changing initial food flavor.

Examples: salt, and other ingredients when they are used in small quantity such as **white and black pepper, nutmeg and lemon juice.**

-Flavoring agents

They are ingredients that enhance flavor without changing initial food flavor

Examples: black pepper, ginger, onions, garlic, cinnamon, oregano, wine etc.

A. **Categories of flavoring agent,**

They are two major categories of flavoring agents

A.1 Herbs

Herbs are flavorings using leaves portion of plants

Examples: mint, parsley, rosemary, tarragon etc

A.2 Spices

Spices are flavoring agents using seeds, bark, fruits, and flowers.

Examples: back pepper, cinnamon, cappers, nutmeg, saffron, ginger, garlic, cumin seeds, allspices, vanilla beans and star anise.

-Condiments

Condiments are substances that are added to food during or after cooking on table to improve flavor

Examples: **salt, pepper, say sauce, mustard, Tabasco sauce, tomato ketchup, Worcestershire sauce**

- **Topic 2: Types of sauces**

  - **Definition**

Sauce is flavorful liquid or semi-liquid used as food dressing

  - **Classification of sauces**

Based five cooking liquid, we can get five mother sauces or leading sauces, which are according to **Thomas Augustus Escoffier**

  - **Common formula of mother sauce and small sauce**

1. *LIQUID + THICKENING AGENT = LEADING SAUCE*

Five mother sauces formula

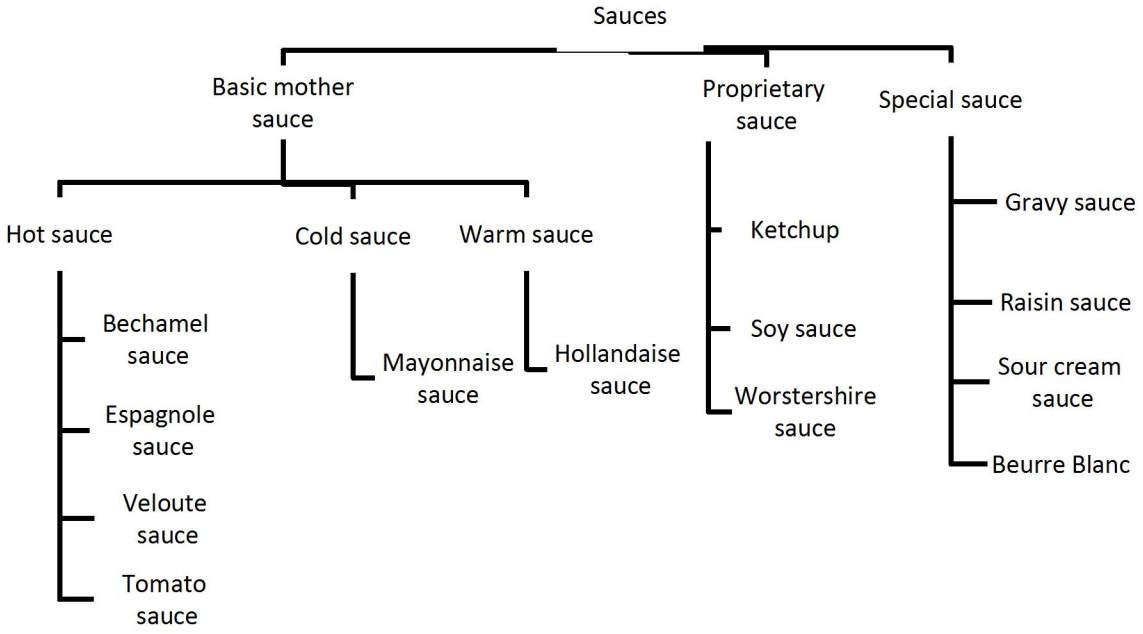
No	LIQUID	THICKENING AGENT	MOTHER SAUCE
1	Milk	White roux	Béchamel
2	White stock(veal, fish, or chicken)	Blond roux	fish, chicken or veal veloute
3	Brown sauce	Brown stock	Brown sauce
4	Melted butter	Egg yolk	hollandaise
5	Tomatoes plus stock	Roux(white, blond, or brown)	Tomato sauce

  - **Basic Derivations /Small sauces formula**

BASIC INGREDIENT	MOTHER SAUCE	2ND MOTHER SAUCE	SMALL SAUCE
White Sauces			
Milk	Béchamel		Cream Mornay Parsley
White Veal Stock	Veal Veloute	Allemande	Poulette Aurora Curry
Chicken Stock	Chicken Veloute	Supreme	Mushroom Curry
Fish Stock	Fish Veloute	White Wine Sauce	Bercy Herb
Brown Sauces			
Brown Stock	Espagnole	Demi-glace	Chasseur

	Fond Lie	Demi-glace Demi-glace	Piquante Mushroom Lyonnaise
Red Sauces			
Tomato plus stock	Tomato Sauce		Creole Portuguese Spanish
Butter Sauces			
Butter	Hollandaise Bearnaise		Maltaise Mousseline Choron Foyot

- **Types of sauces**



- **Other sauces/ special sauces**

Those are sauces prepared beyond of the five mother sauce

- **Main groups of other sauces**
  1. **Simple and compound butters**: those are sauces made from combining butter with flavorings.
  2. **Pan gravies:** those are sauces made from pan drippings of the meat or poultry and cooking liquid they are served with those meat or poultry.

3. **Miscellaneous hot sauces**, which are not made like any of the five basic sauces. These include such items as raisin sauce (for ham) and sour cream sauce.
4. **Miscellaneous cold sauces**: They are mayonnaise, and their variations,

- **Standards of quality for sauces**

1. **Consistency and body.**

✓ Smooth, with no lumps.
✓ Not too thick or pasty, but thick enough to coat the food lightly.

2. **Flavor.**

✓ Distinctive but well-balanced flavor.
✓ Proper degree of seasoning.
✓ No starchy taste.
✓ The flavor should be selected to enhance or complement the food(such as supreme sauce with chicken or white wine sauce with fish)

3. **Appearance.**

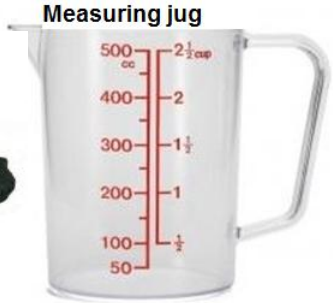
✓ Smooth, with a good shine.
✓ Good color for its type (rich, deep brown for brown sauce, pale ivory for velouté,
✓ White not gray for cream sauce.

- **Role of sauce**

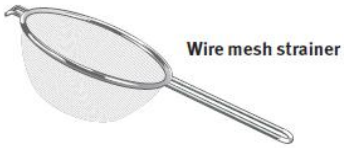
1. To increase food flavor
2. To complete food flavor
3. To improve food moisture
4. To increase the selection of menu
5. To increase food nutrient
6. To improve food appearance

LO 2.2 Identify equipment for sauces

Topic 1: Identification of Tools and equipment



- Chef's
- Turning
- Cleaver
- Boning
- Filleting
- Butcher
- Paring
- Sharpening
- Steel or stone



LO 2.3 Prepare sauce

- **Topic 1: Cooking methods**

1. Boiling: Sauce is cooked at water boiling point this facilitate quick evaporation. Boiling is always followed by Simmering.
2. Simmering: simmering means reducing heat slowly by slowly, simmering speed up evaporation which can lead to thickening sauce. Simmering is done once a pot or saucepan is open.
3. Frying: in sauce preparation, frying means cooking ingredients in little oil this increase flavor of sauce.

- **Topic 2: Thickening agents:**

I. ROUX

Roux: is a cooked mixture of equal parts by weight of fat and flour.

Preparing Roux

Stages of roux

- **White roux**: Cooking mixture of equal quantity of butter and flour until you get white color
- **Blond roux**: Cooking mixture of equal quantity of butter and flour until you get blond color
- **Brown roux**: Cooking mixture of equal quantity of butter and flour until you get brown color

Basic Procedure for Making All Roux

I. Melt fat
II. Add correct amount of flour and stir until fat and flour are thoroughly mixed.
III. Cook to required degree for white, blond, or brown roux

General principles

- Liquid may be added to roux; make roux then gradually add cold or hot liquid to roux
- Roux may be added to liquid; Make roux then mix the roux in liquid
- The liquid may be used hot or cold,
- The roux may be warm or cold

Procedures for Incorporating Roux

Method 1: Adding Liquid to Roux

This method is used when a roux is made up specifically for the sauce, gravy, or soup being prepared.

1. Use a heavy saucepot to prevent scorching either the roux or the sauce.
2. When the roux is made, remove the pan from the fire for a few minutes to cools lightly
3. Slowly pour in the liquid, all the while beating vigorously with a wire whip
4. Bring the liquid to a boil, continuing to beat well

5. Simmer the sauce, stirring from time to time, until all the starchy taste of the flour is cooked out.
6. When the sauce is finished, it may be kept hot in a bain-marie or cooled for later use.

Method 2: Adding the Roux to the Liquid

Many restaurants make up large batches of roux to last all day or even all week. This method may be used in these situations.

1. Bring the liquid to a simmer in a heavy pot.
2. Add a small quantity of roux and beat vigorously with a whip to break up all lumps.
3. Continue to beat small quantities into the simmering liquid until the desired consistency is reached
4. Continue to simmer until the roux is cooked out and no starchy taste remains

Proportions of Roux to Liquid

Sauce quality	Butter	Flour	Roux	Liquid
Thin or light	190g	190g	375g	4L
Medium	250g	250g	500g	4L
Thick or heavy	375g	375g	750g	4L

II. LIAISON

Liaison is a mixture of egg yolks and cream, used to enrich and lightly thicken a sauce or other liquid.

Procedure for Using a Liaison

1. Beat 2–3 parts cream to 1 part egg yolks together
2. Off the heat, add the warmed, diluted liaison to the rest of the sauce
3. Return the sauce to low heat to warm it gently, but do not exceed 82^0c
4. Hold for service

III. WHITE WASH

Whitewash is a thin mixture of flour and cold water. Sauces made with whitewash have neither as good a flavor nor as fine a texture as those made with roux.

- **Topic 3: White sauce preparation**

Hot sauces (Mother sauces and their extension)

Mother sauces: Béchamel, velouté, brown, Hollandaise, and tomato sauce and mayonnaise

1.1 BECHAMEL SAUCE

Béchamel is sauce based on milk and blond roux

Ingredients:

Potion 5 litters

- 450g butter
- 450g flour
- 5 liters milk
- Salt and pepper to taste as needed
- Nutmeg
- 1 small onion
- ½ bay leave

} studded onions but not necessary

- 1 cloves

Preparation procedure

- Make white roux
- Add milk gradually and by mixing, until all milk is finished
- Add studded onions and boil and seasonings
- Cover and simmer
- Strain and serve

❖ **Extension / derivative or small sauce from béchamel sauce**

To make 1 litter

I. Cream sauce

To 800 ml hot béchamel add 50g cream, 50g butter, add salt and pepper. Served with pasta dishes and boiled fishes.

II. Egg sauce

To 800 ml hot béchamel add 3 hard-boiled egg, salt and pepper, finish with 50g butter and 50g cream. Served with poached fish or grilled fish.

III. Parsley sauce

To 800 ml hot béchamel add 15g chopped and blanched parsley and finish with 100 ml cream, salt and pepper, served with boiled vegetables and boiled harm.

1.2 VELOUTE SAUCE

Véloute is based on fish, chicken and veal stock, and blond roux. The recipes name depends on stock used.

❖ **Extension sauces from veloute**

i. Sauce bercy

Ingredients:

- 50g butter
- 75g chopped shallots
- 300ml fish stock
- 300ml dry white wine
- 1 l fish veroute
- 200ml cream
- 75 unsalted butter
- Salt and cayenne pepper

Preparation procedure:

- Fry shallots in hot butter
- Add in fish stock and white wine, boil and simmer until half
- And veloute and cream and simmer until desired consistency and mix frequently
- Add chopped parsly and 75g unsalted butter season with salt and cayenne
- Serve with fish.

ii. Aurora

Add 175g tomato puree to 1 L veal or chicken veloute, supreme sauce, or allemande sauce.

iii. Curry

Cook 125 g mirepoix, cut brunoise, in 25 g butter until tender but not brown. Add 15 ml curry powder, 1 crushed garlic clove, pinch dried thyme, 1⁄2 bay leaf, and 2–4 parsley stems and cook

another minute. Add 1 L veal, chicken, or fish veloute. Simmer 20 minutes, add 125 ml cream, strain, and season with salt and lemon juice.

iv. Mushroom

Saute 125 g sliced mushrooms in 25 g butter, adding 15 ml lemon juice to keep them white. Add to supreme, allemande, or white wine sauce or to appropriate veloute.

- **Topic 4: Secondary leading white sauces.**

These three sauces **allemande, suprême, and white wine**

2.1 White Wine Sauce

Ingredients:

- 250 ml White wine (dry)
- 2 L Fish veloute
- 250 ml Heavy cream, hot
- 60 g Butter, in pieces
- Salt to taste
- White pepper to taste
- Lemon juice to taste

Preparation procedure

- Reduce the wine by half in a saucepan.
- Add the veloute and simmer until reduced to desired consistency.
- Slowly stir in the hot (or tempered) cream.
- Remove from heat and swirl in raw butter pieces.
- Season to taste with salt, white pepper, and a few drops of lemon juice.
- Strain through cheesecloth.

1.2 Suprême Sauce

Ingredients:

- 2l Chicken veloute
- 500 ml Heavy cream
- 60 g Butter, in pieces
- Salt to taste
- White pepper to taste
- Lemon juice to taste

Preparation procedure:

- Boil veloute and simmer until reduced by one-fourth. Stir occasionally.
- Stirring cream in a little of the hot sauce and simmer.
- Mix in raw butter pieces.
- Season with salt, white pepper, and a few drops of lemon juice.
- Strain through cheesecloth.

2.3 Allemande sauce

Ingredients:

- 2 l Veal veloute (see Note)
- 4 Egg yolks
- 250 ml Heavy cream
- 15 ml Lemon juice

- Salt to taste
- White pepper to taste

Preparation procedure:

- Boil and simmer veloute reduced until one-half.
- Remove it from the heat
- Add in beaten egg yolks and cream .
- Reheat to just below simmering. Do not boil.
- Add lemon juice, salt, and white pepper to taste.
- Strain through cheesecloth.

Topic 5: Brown sauces preparation

BROWN SAUCE (SAUCE ESPAGNOLE)

Brown sauce is based on brown stock and brown roux
To make 5 litters

Ingredients

- 300ml olive oil
- 350g flour
- 100g tomato puree
- 400g carrots
- 400g onions
- 200g leeks
- 200g celary
- 8 litter brown stock
- 400g tomatoes
- Parsley stalk
- 1 bay leave
- 1 spring thyme
- 200g bacon trimming
- 400g mushroom trimmed

Sliced

Not usual

Preparation procedure:

- Fry vegetables carrots, onions leeks and celery
- Fry the bacon and add them to the vegetables if used
- Add flour and make brown roux
- Add tomato puree then brown stock and stir well
- Add the stock, herbs, crushed tomatoes and trimmed mushroom if used
- Boil, simmer and stir frequently and skim
- Strain and reboil for further use

JUS LIÉ

To make 5 litters

Ingredients:

- 200ml olive oil
- 120g arrowroot diluted with cold water
- 100g tomato puree
- 400g carrots
- 400g onions
- 200g leeks
- 200g celery

Sliced

- 5 litter brown stock
- 400g tomatoes
- Parsley stalk
- 1 bay leave
- 1 small thyme
- 400g mushroom trimmed
- 2 Bay leaves
- Salt and pepper
- 1 garlic clove

Preparation procedure:

- Boil brown stock and thicken it with arrowroots
- Fry the vegetables in hot oil until brown
- Add the thickened stock and other all ingredients
- Boil and simmer until well cooked, season
- Strain and reboil if necessary
- Serve with escalope

Notice: Jus lie is another sauce based on brown stock

- **Extension sauces brown sauce**

i. Sauce demi glace

To make one litter

Ingredients

- 1 litter brown sauce
- 1 litter brown stock

Preparation procedure:

- Boil the brown stock and brown sauce until half
- Strain the sauce

ii. Bolognaise sauce or meat sauce

Ingredients:

- 500g minced meat
- 75 ml oil
- 1 clove chopped garlic
- 150g onions
- 50g tomatoes puree
- 400ml jus lie/ demi-glace/ stock

- 200ml red wine
- Salt and pepper

Preparation procedure:

- Fry minced meat in oil until colored
- Add chopped garlic and garlic and cook until soft
- Drain off fat and add wine, tomatoes and jus lie, demi-glace or stock
- Boil, Season and simmer until well done
- Serve with shallow-fried or grilled steak

iii. Bordelaise sauce

Ingredients:

- 50g chopped shallots
- 10 crushed peppercorns
- 1 bay-leave
- 1 spring thyme
- 200 ml red wine
- 1 litter jus lie or demi-glace
- 25 g meat glaze
- 50 g butter

Preparation procedure:

- Boil shallot, crushed peppercorn herbs, in red wine simmer until two-third
- Add brown stock and simmer for few minutes
- Finish by adding meat glaze and butter
- Season the sauce.
- Serve with shallow-fried or grilled steak

iv. Brown onions sauce

Ingredients

- 500g sliced onions
- 100g butter
- 100g vinegar
- 600ml demi-glace or jus-lie

Preparation procedure:

- Fry onions in butter until light colored
- Add vinegar to the onions boil and simmer until reduced by two-third
- Add demi-glace and simmer fir few minutes

v. Chasseur sauce

Ingredients:

- 50g butter
- 250g sliced button mushroom
- 150g chopped shallot
- 250g tomato concassee
- 200lg ml red wine
- 600g jus lie or demi-glace
- 5g chopped tarragon

- 5g chopped parsley
- 50g butter
- Salt and pepper

Preparation procedure:

- Fry butter add sliced mushroom and cook for few minutes
- Add the chopped shallots and cook add tomatoes and white wine
- Boil and reduce by half
- Add demi-glace, tarragon, parsley and seasoning
- Simmer for few minutes
- Finish with butter and serve

➢ **Sauce piquant**

Ingredients

- 100ml white wine
- 100 ml vinegar
- 100g chopped shallots
- 1l jus lie or demi glace
- 50g of small cucumber (gherkin)
- 50g unopened flower of pumpkin (caper)
- 50g chopped herbs

Preparation procedure:

- Boil shallots in white wine and vinegar, reduce until two- third
- Add jus lie or demi glace boil
- Add capers and gherkin and simmer for few time
- Serve grilled meat.

vi. Lyonnaise

Saute 125 g onions in 60 g butter until slightly browned. Add 1⁄2 cup white wine vinegar and reduce by half. Add 1 liter demi-glace and simmer 10 minutes.

● **Topic 6: Red sauces preparation**

➢ **TOMATO SAUCE**

Ingredients:

- 300g butter
- 400g carrots
- 400g onions
- 200g celery

  } roughly cut
- 1 spring thyme
- 1 garlic clove crushed
- 200g bacon trimming
- 400g flour

- 500g tomatoes puree
- 5 litters white stock
- 100ml vinegar
- 30g sugar } reduced
- Salt and pepper

Preparation procedure:

- Fry mirepoix, herbs, garlic, and bacon until brown
- Add flour and make second stage roux
- Add tomatoes puree and mix
- Add hot stock gradually by mixing
- Season the sauce
- Boil and simmer 1 hour
- Reduce vinegar and sugar in another sauce pan until half
- Add the reduced vinegar and sugar to the sauce, mix and boil
- Stain the sauce and reboil
- Serve with fish, meat and vegetables dishes

➢ **Small sauces from tomato sauce**

i. Portugaise (Portuguese)

Saute 125 g onions, cut brunoise, in 30 ml oil. Add 500 g tomato concasse (diced) and 1 tsp crushed garlic. Simmer until reduced by about one-third. Add 1 L tomato sauce, adjust seasonings, and add 2–4 tbsp chopped parsley.

ii. Spanish

Lightly saute in oil without browning 175 g onion, small dice; 125 g green bell pepper, small dice; and 1 clove garlic, chopped fine. Add 125 g sliced mushrooms and saute. Add 1 L tomato sauce, and season to taste with salt, pepper, and hot red pepper sauce.

iii. Creole

Saute in oil 125 g onion, small dice; 125 g celery, sliced; 60 g) green bell pepper, small dice; 1 tsp chopped garlic. Add 1 L tomato sauce, 1 bay leaf, pinch dried thyme, and 1⁄2 tsp grated lemon rind. Simmer 15 minutes. Remove bay leaf and season to taste with salt, pepper, and cayenne.

- **Topic 7: Warm sauces / Butter sauce based preparation**

Principals of making sauces based on butter

- ✓ Are cooked at low temperature
- ✓ The must be kept at low temperature 35°C
- ✓ Use pasteurized eggs
- ✓ When cooking use copper sauteuse
- ✓ The sauce should be similar to double cream in consistence

➢ **HOLLANDAISE SAUCE AND BÉARNAISE**

Hollandaise sauce

Ingredients:

- 5 egg yolks
- 50ml vinegar
- 10 ml white peppercorn
- 500g unsalted butter
- 1 juice of lemon
- Salt and cayenne pepper

Preparation procedure:

- Boil and reduce vinegar and crushed peppercorn until dry, then cool
- Add little cold water until moist
- Add egg yolk and whisk until you get consistency mixture
- Allow to cool add warm melted butter then whisk over little heat
- Add seasonings and mix
- Strain the sauce
- Finish with lemon juice and keep the sauce at 35°C

❖ **Extension sauces from sauce hollandaise.**

i. **Sauce Chantilly or Mousseline**
   Add 100ml lightly whipped cream to 500ml hollandaise sauc

ii. **Sauce noisette**
   Add 50g nut brown butter to 500ml hollandaise sauce at the last moment

iii. **Maltaise**
   To 1 L hollandaise add 60–125 ml orange juice (from blood oranges, if possible) and 2 tsp grated orange rind. Serve with asparagus.

➢ **Béarnaise sauce**

Ingredients:

- 500ml vinegar
- 10 peppercorns
- 25g shallots
- 10g chervil and tarragon stalk

} Reduction

- 5 egg yolk
- 500g unsalted butter

Preparation procedure:

- Boil and reduce vinegar, peppercorn and shallots until dry
- Add little water to moist the mixture
- Cook the egg yolk until creamy consistency
- Cool it
- Add warm melted butter and whisk until creamy consistency
- Strain the sauce
- Add chopped chervil, tarragon and season the sauce with salt

❖ **Extension sauces from béarnaise sauce**

i. **Sauce choron**
   Add 200g puree of cooked tomatoes concasseé to 500ml béarnaise sauce and serve with grilled or sauted meat.

ii. **Sauce Foyat**

Add 20g meat glazed to 500ml béarnaise sauce serve with grilled or sauted meat.

iii. **Sauce paloise**

It is prepared as béarnaise sauce, but substitute chopped mint stalk for the tarragon and adding 5g chopped mint leaves at the final stage. Serve with roast and grilled lamb.

- **Topic 8: Cold sauces preparation**

➢ **MAYONNAISE SAUSE**

To make 1 litter

Ingredients:

- 25ml malted vinegar
- 1 tsp dry English mustard
- 6 egg yolk
- 1 l olive oil
- Salt and white pepper

Preparation procedure:

- Place the vinegar, mustard, salt, and white pepper and egg yolk into mixing bowl
- Begin whisking
- Incorporate the air by pouring oil very slowly.

➢ **Extension sauces from mayonnaise**

1) **Tartar sauce**

Ingredients:

- Mayonnaise 250ml
- Caper chopped 25g
- Gherkin chopped 50 g
- Spring of parsley chopped

Preparation procedure:

- Combine all ingredient
- Serve with deep fried fish.

2) **Remoulade sauce**.

Prepare tartar sauce adding one tsp of anchovy essence and mix well.

3) **Green sauce**

Ingredients:

- Spinach, tarragon, chevil, chives, watercress 50g
- Mayonnaise 250g

Preparation procedure:

- Blanch and refresh the leaves, and squeeze and dry them
- Pass through a very fine sieve
- Mix with mayonnaise

4) **Cocktail sauce**

Add 100 ml tomato ketchup, 100ml cream and few drops of Worcester to 800ml mayonnaise.

5) **Garlic mayonnaise**

Whisk 3 chopped cloves of garlic into 1 little mayonnais

LO 2.4 Evaluate the quality of sauces and rectify them

- **Topic 1: Common problems in sauce**

Bellow table indicates common problems in sauces, this cause and rectification/ correction measures

Common problems	Cause	Rectification
MAYONNAISE		
Curdle	If oil is added too quickly If oil is too cold If the yolk is stale If the sauce is insufficiently whisked	By adding one tsp of boiling water and whisk gradually Or by adding another yolk thinned with half of one tsp of cold water Add little mustard
HOLLANDAISE		
Oily hollandaise Grainy	Adding butter too quickly If the heat is too high	Stop adding butter whisk by using simmering heat until existing butter is absorbed into the yolk Use moderated heat
Brown sauce, Tomato sauce and veloute		
Watery	Use too much cooking liquid	Reduction Add more thickening agent

LO 2.6 Present sauce

- **Topic 1: Tips for sauces presentation**

When serving sauces, a limited number of options present themselves:

- Serve the sauce under the food item
- Serve the sauce over the food item
- Serve the sauce on side of food
- Serve the sauce into an appropriate jug for placement on the table so customers may serve themselves.
- Dispense the sauce into a sauce boat
- Serve the sauce at tight temperature
- Reheat mother sauce properly
- Hold the sauce properly

Holding sauces

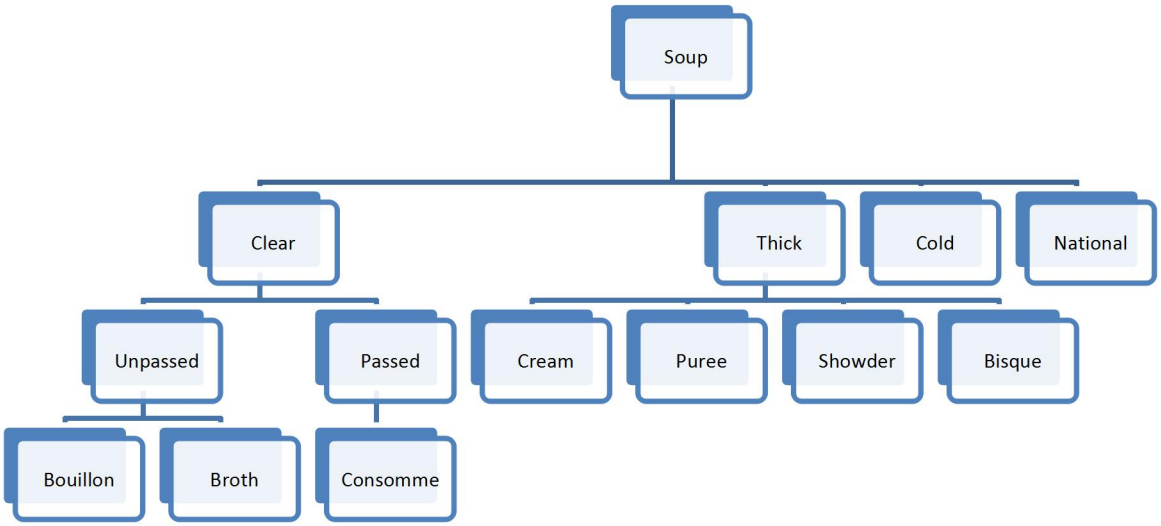
- ✓ Hold the sauce at 63°c or above
- ✓ Store below 5°c
- ✓ Reheat at 74° for 15 seconds
- ✓ Label the sauce before refrigerating

Learning unity 3: Prepare Soups

LO 3.1 Identify the ingredients for different types of soups

- Topic 1: Types of soups

Soups can be divided into three basic categories as mentioned in the chart bellow



1) Clear or unpassed soups,
2) Thick/ Passed soups,
3) And special soups/ National

I. Clear Soups

Clear soups are all based on a clear, unthickened/Unpassed broth or stock. They may be served plain or garnished with a variety of vegetables and meats.

1. ***Broth* and *bouillon*** are two terms used in many ways. In general, they both refer to simple, clear soups without solid ingredients.
2. **Vegetable soup** is a clear, seasoned stock or broth with the addition of one or more vegetables and, sometimes, meat or poultry products and starches.
3. **Consommé** is a rich, flavorful stock or broth that has been clarified to make it perfectly clear and transparent.

II. Thick Soups

Unlike clear soups, thick soups are opaque rather than transparent.

1. **Cream soups** are soups thickened with roux, beurre manié, liaison, or other added thickening agents, plus milk and or cream. They are similar to velouté and béchamel sauces Cream soups are usually named after their major ingredient, as in cream of chicken or cream of asparagus.
2. **Purées** are soups naturally thickened by puréeing one or more of their ingredients. They are not as smooth and creamy as cream soups. Purées are normally based on starchy ingredients. They may be made from dried legumes (such as split pea soup) or from fresh vegetables with a starchy ingredient, such as potatoes or rice, added. Purées may or may not contain milk or cream.
3. **Bisques** are thickened soups made from shellfish. They are usually prepared like cream soups and are almost always finished with cream.
4. ***Chowders*** are hearty soups made from fish, shellfish, and/or vegetables. Although they are made in many ways, they usually contain milk and potatoes.
5. **Potage** is a term sometimes associated with thick, nutritious soups, but it is actually a general term for soup. A clear soup is called a *potage clair* in French.

III. Special soups

A. Specialty and National Soups

Specialty soups are distinguished by unusual ingredients or methods, such as peanut soup, and cold fruit soup.

B. Vegetarian Soups and Low-Fat Soups

A great variety of vegetable-based soups are suitable for vegetarian menus.
Vegetable soups suitable for vegans (someone does not eat meat and animal food product). This soup is based on vegetables stock. Butter, milk, or cream can be added for lacto-vegetarians, who accepted

- **Topic 2: Soup Ingredients**

Soup are made from 5 basic types of ingredients

1. Liquids like water, stock, milk etc
2. Thickening lik Roux, fresh cream, starchy food
3. Flavoring, seasoning and condiments
4. Meat like fish, chicken, lamb, goat, etc
5. Vegetables like Irish potatoes, carrots, broccoli, cauliflower, onions, celery etc

Many ingredients were discussed in previous leaning unities

- **Topic 3: Cooking techniques for basic soups as per recipe**

❖ **Procedure for Preparing Consommé**

1. Start with a well-flavored, cold, strong stock or broth, if not reduce it.
2. Select a heavy stockpot or soup pot, preferably one with a

spigot at the bottom

3. Combine the minced meat and blended ingredients with egg white in the soup pot
4. Mix vigorously.
5. Mix in a small amount of cold water or stock but it is optional
6. Gradually add the cold, degreased stock and mix well
7. Set the pot over a moderately low fire and let it come to a simmer very slowly
8. Stir the contents occasionally
9. When the simmering point is approaching, stop stirring
10. Move pot to lower heat so the liquid maintains a slow simmer and do not cover
11. Let simmer $1^{1/2}$ hours without disturbing the raft.
12. Strain the consommé through a china cap lined with several layers of cheesecloth.
13. Degrease the soup
14. Adjust the seasonings

- **Guidelines for Preparing Vegetable Soups**

1. Start with a clear, flavorful stock or broth
2. Select vegetables and other ingredients whose flavors go well together.
3. Cut vegetables uniformly.
4. Cooking vegetables slowly in a little butter before combining with liquid
5. Cook starches such as grains and pasta separately and add to the soup late
6. Observe differences in cooking times.
7. Don't overcook

- **Basic procedure for making purée soups**

1. Sweat mirepoix or other fresh vegetables in fat.
2. Add liquid.
3. Add dried or starchy vegetables.
4. Simmer until vegetables are tender
5. Purée soup in a food mill or with an immersion blender.
6. Add cream if required.
7. Adjust seasonings

Note:

1. Some soups made from dried legumes, such as bean soup, are not puréed but are served as is or slightly mashed.
2. Purée soups are generally not bound with an added starch but rely on the starches present in the vegetables. Some fresh vegetable purées, however, settle out. These may be thickened with a little starch if desired.

LO 3.2 Prepare different types of soups

- **Topic 1: Method of cooking**

Mostly soup are cooked by moist methods of heat cooking especially boiling and simmering sometime vegetables are sweated

1. **Boiling:** When the liquid is bubbling rapidly and when the water boil at 100°c at sea level it is known as boiling. Example: boiling of vegetables.
2. **Simmering**: When the liquid is bubbling gently with a temperature of about 85°c to 96°c it is known as simmering. e.g. making of stock.
3. **Sweating:** means cooking vegetables in oil or fat over low heat is a process that allows the vegetables to release moisture. The vegetables should not be browned

- **Topic 2: Clear soup preparation**

I. CLEAR SOUPS

1) Broths

The difference between a broth and a stock is that a broth, according to the most common definition, is made by simmering meat and vegetables, while a stock is made by simmering bones and vegetables.

Beef Broth (Recipes)

Ingredients:

- 5 kg Beef
- 60 ml Vegetable oil
- 8 l Water or beef stock
- 500 g Onion, chopped
- 250 g Carrots, chopped mirepoix
- 250 g Celery, chopped
- 30 ml Vegetable oil
- 250 g Tomatoes, canned or fresh

Sachet:

- 1 Bay leaf
- 1 ml Dried thyme
- 1 ml Peppercorns
- 6–8 Parsley stems
- 2 Whole cloves
- To taste Salt

Preparation procedure

- Fry beef in stockpot
- Add water or stock and bring to a simmer.
- Skim the surface to remove any froth or scum.
- Continue to simmer for 2 hour
- Fry the mirepoix in the second quantity of oil.
- Add the mirepoix and tomatoes to the stockpot.
- Continue to simmer an additional 30 minutes.
- Add the sachet. Simmer an additional 30–45 minutes.
- Strain the broth. Discard the sachet, vegetables, and any unusable meat trimmings.
- Reserve any good cuts of meat for garnishing the broth or another use.
- Season and garnish soup to taste.

2) Consommé

Consommé is a strong, concentrated stock or broth. A good consommé should be clarified.

Basic Ingredients

The mixture of ingredients we use to clarify a stock is called the *clearmeat* or the *clarification*.

- **Lean ground meat** is one of the major sources of protein that enables the clearmeat to do its job. It also contributes flavor to the consommé. Beef and/or chicken meat are used to clarify chicken consommé. Meat is not used, obviously, to make fish consommé. Ground lean fish may be used, but it is normal to omit flesh altogether and use only egg whites.
- **Egg whites** are included in the minced meat
- **Mirepoix** and other seasoning and flavoring ingredients..
- **Acid ingredients** (tomato products for beef or chicken consommé, lemon juice or white wine for fish consommé) are often added because the acidity helps coagulate the protein.

Procedure for Preparing Consommé

- Start with a well-flavored, cold, strong stock or broth
- Select a heavy stockpot or soup pot, preferably one with a spigot at the bottom.
- Combine the clear meat ingredients in the soup pot and mix them vigorously.
- Gradually add the cold, degreased stock and mix well with the minced meat.
- Cook at low fire and simmer very slowly.
- Stir the occasionally
- Move the pot to lower heat so the liquid maintains a slow simmer.
- Let simmer $1^{1/2}$ hours without disturbing the raft.
- Strain the consommé.
- Degrease or scum
- Adjust the seasonings.

Consommé recipes

a) Consommé (basic recipe)

Ingredients:

- 500 g Lean/ minced beef.
- 250 g Onion
- 125 g Celery
- 125 g Carrot

} Mirepoix, chopped into small pieces

- 250 g Egg whites
- 250 g Canned tomatoes, crushed
- 8 Parsley stems, chopped pinch pinch dried thyme
- 1 Bay leaf
- 2 Whole cloves
- 2 ml Peppercorns, crushed
- 5 L Beef or veal stock, cold (brown or white)

Preparation procedure

- Combine the beef, mirepoix, egg whites, tomatoes, herbs, and spices in a tall, heavy stockpot
- Mix with a wooden spoon.
- Add small cold stock and stir well. Let stand about 30 minutes.
- Gradually stir in the remaining cold stock.
- Cook them at low heat and let it come to a simmer very slowly.
- Stir occasionally.
- At lower heat and simmer very slowly about 11⁄2 hours and stop stirring
- Strain the consommé .
- Skim the scum
- Season to taste.

Derivative soups produced from consommé

i. **Chicken Consommé:** Use chicken stock instead of beef or veal stock. Add to the clear meat 250 g chicken trimmings that have been chopped and browned in a hot oven. Omit tomato and add 30 ml lemon juice.
ii. **Cold Jellied Consommé:** Unflavored gelatin must often be added to consommé to make jellied consommé. Amount needed depends on the strength of the stock and amount of jelling desired.
iii. **Consommé Madrilène:** Increase the tomatoes in the basic recipe to 750 g. Use beef, veal, or chicken stock. Serve hot or jellied.
iv. **Essence of Celery Consommé:** Increase the celery in the basic recipe to 500 g

Notice: consommé can take name due to the cut of add ingredients. examples

v. **Consommé Brunoise:** Onion or leek, carrot, celery, and turnip (optional), cut brunoise. Sweat lightly in butter and simmer in a little consommé until tender.
vi. **Consommé Julienne:** Onion or leek, carrot, and celery, cut julienne. Prepare like brunoise garnish.
vii. **Consommé printanière:** Small dice of spring vegetables: carrot, turnip, celery, green beans. Prepare like brunoise garnish.
viii. **Consommé Paysanne :** Thin slices of leeks, carrots, celery, turnip, and cabbage. Prepare like brunoise garnish.

a. **Clear Vegetable Soup**

Ingredients

- 125 g Butter
- 750 g Onions, small dice
- 500 g Carrots, small dice

- 500 g Celery, small dice
- 375 g Turnip, small dice
- 6 L Chicken stock
- 500 g Drained canned tomatoes, coarsely chopped
- To taste Salt
- To taste White pepper

Preparation procedure

- Heat the butter in a heavy saucepot over medium-low heat.
- Add the onions, carrots, celery, and turnip.
- Fry until half cooked but do not let them brown.
- Add the stock. Bring to a boil and skim carefully.
- Simmer until vegetables are just barely tender.
- Add the tomatoes and simmer another 5 minutes.
- Skim the soup and season with salt and white pepper.
- Just before serving, add the cooked peas.\

Other variations

i. **Vegetable rice soup:** Add 350–500 ml cooked rice to finished soup.
ii. **Chicken vegetable rice soup:** Add 375 g cooked, diced chicken to vegetable rice soup.
iii. **Vegetable beef soup:** Use beef stock instead of chicken stock. Add 375 g cooked, diced beef when the tomatoes are added. Also, add the juice from the tomatoes.
iv. **Vegetable beef barley soup:** Add 350–500 ml cooked barley to vegetable beef soup.

- **Topic 3 Thick soups preparation**

II. THICK SOUPS

i. Cream soups

Those are soups based on veloute and béchamel finished by adding cream or milk. Cream soups may be curdled due to The heat of cooking and the acidity of many of the other soup ingredient

❖ **Procedures for making cream soups**

The following methods apply to most cream soups. Individual ingredients may require variations.

Method 1

- Prepare veloute sauce or béchamel sauce, using roux.
- Prepare the main flavoring ingredients, and fry them
- Add flavoring ingredients from step 2 to the veloute or béchamel and simmer until tender and finish by adding cream
- Skim any fat or scum.
- Puree the soup with blender then strain it
- Add hot white stock or milk to thin the soup to proper consistency.
- Adjust seasonings.
- At service time, finish with liaison or heavy cream.

Method 2

- Sweat vegetable ingredients (except tomatoes) in butter.
- Add flour. Stir well to make a roux.

- Add white stock, beating with a whip as you slowly pour it in.
- Add any vegetables, other solid ingredients, or flavorings that were not sauteed in step 1.
- Simmer until all ingredients are tender.
- Skim any fat that rises to the surface.
- Puree and/or strain
- Add hot white stock or milk to thin soup to proper consistency.
- Adjust seasonings.
- At service time, finish with heavy cream or liaison.

Method 3

- Bring white stock to a boil.
- Add vegetables and other flavoring ingredients.
- Simmer until all ingredients are tender.
- Thicken with roux, beurre manie, or other starch.
- Simmer until no starch taste remains.
- Skim fat from surface.
- Puree and/or strain
- Add hot or tempered milk and/or cream or light cream sauce may be used
- Adjust seasonings.

❖ **Standards of quality for cream soups**

1. **Thickness:** About the consistency of heavy cream. Not too thick.
2. **Texture:** Smooth; no graininess or lumps (except garnish, of course).
3. **Taste:** Distinct flavor of the main ingredient (asparagus in cream of asparagus, etc.). No starchy taste from uncooked roux.

❖ **Recipes**

a. Cream of Mushroom Soup

Ingredients

- 375 g Butter
- 375 g Onion, chopped fine
- 750 g Mushrooms, chopped
- 275 g Flour
  - L White stock, chicken or veal, hot
  - L Milk, hot
- To taste Salt
- To taste White pepper
- 750 ml Heavy cream, hot
- Garnish with 175 g Mushrooms, cut brunoise, sauteed in butter

Preparation procedure

- Fry the onions and mushrooms.
- Add the flour and stir to make a roux
- Gradually beat in the stock. Bring to a boil, stir
- Simmer until vegetables are very tender.
- Skim the soup carefully.
- Blend the soup

- Strain the puréed soup.
- Add enough hot milk
- Heat the soup again, but do not let it boil.
- Season to taste.
- At service time, add the cream.
- Add garnish, if desired.
1.

❖ **Variations**

Replace one of the following ingredients to mushroom

1. **Cream of Asparagus** : 1.5 kg asparagus
2. **Cream of Broccoli** : 1.5 kg broccoli
3. **Cream of Carrot** : 1.5 kg carrots
4. **Cream of Cauliflower**: 1.5 kg cauliflower
5. **Cream of Celery** : 1.5 kg celery
6. **Cream of Cucumber** : 1.5 kg peeled, seeded cucumber
7. **Cream of Green Peas**: 1.5 kg frozen peas. Add after step 5
8. **Cream of Spinach**: 1.5 kg fresh or 900 g frozen spinach. Blanch, drain, and add after step 5.
9. **Cream of Watercress**: 750 g watercress
10. **Cream of Chicken:** 175 g celery and 175 g carrot. Use strong chicken stock. Add 175 g cooked chicken meat, cut into julienne or fine dice, to finished soup after straining.

b. Cream of Tomato Soup

Ingredients

- 125 g Salted pork, diced
- 125 g Onion, medium dice
- 60 g Carrots, medium dice
- 60 g Celery, medium dice
- 60 g Flour
- 3 L White stock
- 1 kg Canned tomatoes
- 1 kg Tomato puree
- Sachet:
- 1 Bay leaf pinch pinch Dried thyme
- 1 Whole clove
- 2 Peppercorns, crushed
- 2 L Cream sauce, hot
- To taste Salt
- To taste White pepper

Preparation procedure

- Fry pork
- Add the onion, carrots, and celery until softened.
- Add the flour and stir to make a roux.
- Slowly beat in the stock. Bring to a boil, stir

- Add the tomatoes, tomato puree, and sachet. Simmer about 1 hour.
- Strain
- Return the tomato base to the saucepot and bring back to a simmer.
- Stir in the hot cream sauce.
- Season to taste with salt and pepper.

ii. Chowders

Chowders are containing small pieces, and containing many nutrients, it is like stews than soups. Many types of chowder are simply cream soups or purée soups that are not puréed but left with small particles (chunky).

❖ **Recipes**

a. Potato Chowder

Ingredients	Preparation procedure
1. 250 g Salt pork small dice 2. 375 g Onions, medium dice 3. 90 g Celery, medium dice 4. 25 g Flour	1. Fry pork in their 2. Add the onions and celery until tender. 3. Add the flour and stir to make a blond roux
5. 5 L Chicken stock 6. 1.5 kg Potatoes, medium dice	4. Add the stock slowly by slowly by whisking. 5. Add the potatoes. Simmer until all the egetables until tender.
7. 1.5 L Milk, hot 8. 250 ml Heavy cream, hot 9. To taste Salt 10. To taste White pepper	6. Stir in the hot milk and cream. 7. Season to taste with salt and white pepper.
11. As needed Chopped parsley	8. Sprinkle each portion with a little chopped parsley for garnish.

b. Corn and Crab Chowder with Basil

Ingredients	Preparation procedure
90 ml Vegetable oil 375 g Onions, medium dice 2 Garlic cloves, chopped 90 g Flour	1. Heat the oil in a heavy soup pot over moderate heat. 2. Add the onions and garlic. 3. Cook over moderate heat until nearly tender. Do not brown. 4. Add the flour. Stir into the fat to make a roux. Cook the roux slowly 4–5 Minutes, but do not let it brown.
3.5 L fish/chicken stock 250 ml dry white wine 1 kg Potatoes, medium dice 2 Bay leaves	5. Using a wire whip, slowly stir in the stock. Bring to a boil, stirring to make sure the liquid is smooth. Add the wine. 6. Add the potatoes and bay leaves. Simmer until the potatoes are tender
1 kg Corn kernels, fresh or frozen	7. Add the corn kernels and shredded basil. Return

125 ml Fresh basil leaves, shredded 1 kg Crabmeat 500 ml Milk, hot 250 ml Heavy cream, hot To taste Salt T taste White pepper	the soup to a simmer. 8. Add the crabmeat. 9. Stir in the hot milk and cream. 10. Season to taste with salt and pepper.

iii. Bisques

Bisque is a cream soup made with shellfish. Bisque can be thickened by with rice, or roux. They are made basically like other cream soups. They are more complicated because of the handling of the shellfish and the variety of flavoring ingredients often used. Thus they are expensive.

Recipes

Shrimp Bisque (Recipe)

Ingredients	Preparation procedure
1. 30 g Butter 2. 60 g Onions, cut brunoise 3. 60 g Carrots, cut brunoise 4. 500 g Small shrimp, shells on 5. small piece Bay leaf 6. pinch Dried thyme 7. 4 Parsley stems 8. 30 g Tomato paste 9. 60 ml Burnt brandy 10. 200 ml White wine	1. Fry onions and carrots. Saute until lightly browned. 2. Add the shrimp, bay leaf, thyme, and parsley stems. 3. Saute until the shrimp turn red. 4. Add the tomato paste and stir well. 5. Add the brandy and wine. Simmer until reduced by half. 6. Remove the shrimp. Peel and devein(remove dark vien) them. 7. Return shells to the saucepan. 8. Cut the shrimp into small dice and reserve for garnish.
11. 1L Fish veloute 12. 500 ml Fish stock 13. 250 ml Heavy cream, hot 14. To taste Salt 15. To taste White pepper	9. Add the fish veloute and stock to the saucepan. 10. Simmer 10–15 minutes. 11. Strain the soup 12. Return the soup to the saucepan and bring back to a simmer. 13. At service time, add the hot cream and the diced shrimp. Season to taste.

- **Topic 4: Puree soups preparation**

III. PURÉE SOUPS

Preparation techniques of purée soups

Purée soups are made by simmering dried or fresh vegetables, especially high-starch vegetables, in stock or water, then puréeing the soup.

a. Purée of Carrot Soup

Ingredient

- 125 g Butter
- 2 kg Carrots, small dice
- 500 g Onions, small dice

- 5 L Chicken stock or white veal stock
- 500 g Potatoes, small dice or 250 g rice
- To taste Salt
- To taste White pepper

Preparation procedure

- Fry the carrots and onions, until half cooked. Do not let them brown.
- Add the stock and potatoes. Bring to a boil.
- Simmer until the vegetables are tender.
- Blend the soup.
- Bring the soup back to a simmer.
- Season to taste.

❖ **Variations**

1. **Purée of Cauliflower Soup** (Purée Dubarry): 2 kg cauliflower in place of carrots.
2. **Purée of Celery or Celery Root Soup:**2 kg celery or celery root in place of carrots.
3. **Purée of pumpkin soup:**2 kg pumpkin in place of carrots.
4. **Purée of Potato Soup** (Potage Parmentier): Omit carrots from basic recipe, add 10 oz 300 g leeks to the onions, and increase the potatoes to 2.5 kg.
5. **Purée of Potato and Leek Soup**: 1 kg leeks in place of the carrots. Increase the potatoes to 1.25 kg.
6. **Purée of Turnip Soup**: 2 kg white turnips in place of carrots.
7. **Purée of Watercress Soup**: Prepare like puree of potato soup, but add 5 bunches watercress, chopped, when the potatoes are almost tender.
8. **Purée of Mixed Vegetable Soup**: Decrease carrots to (600 g. Add 10 oz (300 g) each celery, turnips, leeks, and cabbage.
9. **Potage Solferino**: Combine equal parts puree of potato and leek soup and cream of tomato soup.

- **Topic 5: Specialty soups or national soups**

a. French Onion Soup Gratinée

Ingredients

- 125 g Butter
- 2.5 kg Onions, sliced thin
- 6.5 L Beef stock, or half beef and half chicken stock
- to taste Salt
- to taste Pepper
- 125–175 ml Sherry
- As needed French bread
- 750 g Gruyere or Swiss cheese, or a mixture, coarsely grated

Preparation procedure

- Fry onions at low heat until brown
- Add the stock and bring to a boil.
- Simmer until the onions are very tender
- Season to taste with salt and pepper.
- Add the sherry, if desired.

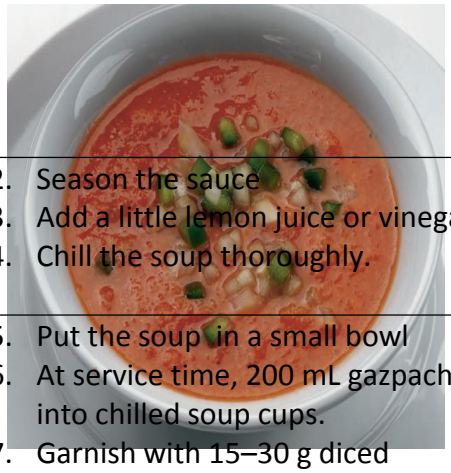
- Keep the soup hot for service.
- Cut the bread into slices about thick. You need 1 or 2 slices per portion, the top of the soup
- Garnish with cheese

b. Scotch Broth

INGREDIENTS	PREPARATION PROCEDURE
1. 6 L White lamb stock 2. 125 g Barley	1. Boil and Simmer the barley in 1 L of the stock until tender
3. 750 g Lean, boneless lamb shoulder or 4. shank, cut in small dice	2. Boil and simmer the lamb in the remaining stock until almost tender
5. 125 g Butter 6. 375 g Onions, cut brunoise 7. 250 g Carrots, cut brunoise 8. 250 g Celery, cut brunoise 9. 125 g Leeks, cut brunoise 10. 125 g Turnips, cut brunoise 11. To taste Salt 12. To taste White pepper	3. Fry vegetables in butter 4. Add the lamb and stock and Simmer until the meat and vegetables are tender. 5. Add the cooked barley and stock. 6. Simmer about until the flavors are well blended. 7. Season to taste with salt and pepper.
13. As needed Chopped parsley	8. At serving time, sprinkle each portion with a little chopped parsley.

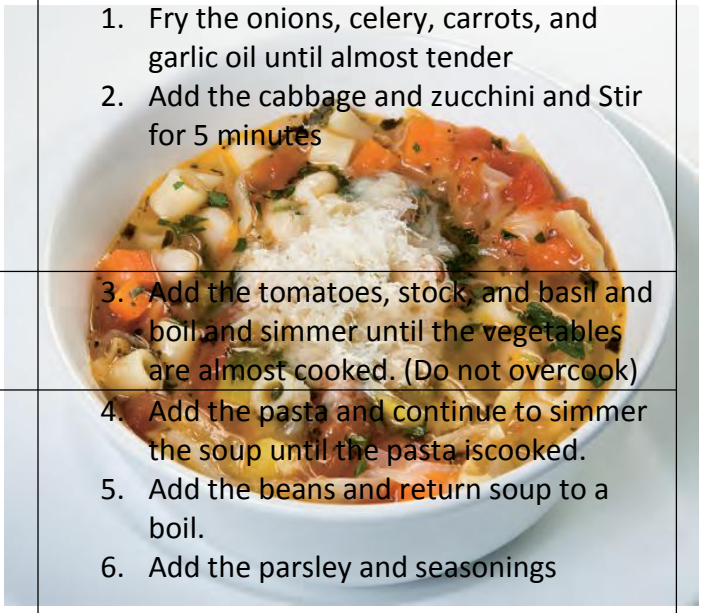
c. Gazpacho

INGREDIENTS	PREPARATION PROCEDURE
1. 1.2 kg Tomatoes, peeled and chopped fine 2. 500 g Cucumbers, peeled and chopped fine 3. 250 g Onions, peeled and chopped fine 4. 125 g Green or bell peppers, seeded and chopped fine 5. 2 mL Crushed garlic 6. 60 g Fresh white bread crumbs 7. 500 mL Water or tomato juice, cold 8. 90 mL Red wine vinegar 9. 125 L Olive oil	1. Blend, combine all ingredients except olive oil. Stain them.
10. to taste Salt 11. to taste Pepper 12. to taste Cayenne or hot red pepper sauce 13. taste Lemon juice or vinegar	2. Season the sauce 3. Add a little lemon juice or vinegar. 4. Chill the soup thoroughly.
Garnish: 14. 60 g Onion, small dice 15. 60 g Cucumber, small dice 16. 60 g Green pepper, small dice	5. Put the soup in a small bowl 6. At service time, 200 mL gazpacho into chilled soup cups. 7. Garnish with 15–30 g diced vegetable garnish.



d. Minestrone

INGREDIENTS	PREPARATION PROCEDURE
1. 125 ml Olive oil 2. 500 g Onions, sliced thin 3. 250 g Celery, small dice 4. 250 g Carrots, small dice 5. 10 ml Garlic, chopped 6. 250 g Green cabbage, shredded 7. 250 g Zucchini, medium dice	1. Fry the onions, celery, carrots, and garlic oil until almost tender 2. Add the cabbage and zucchini and Stir for 5 minutes
8. 500 g Canned tomatoes, crushed 9. 5 L White stock 10. 5 ml Dried basil	3. Add the tomatoes, stock, and basil and boil and simmer until the vegetables are almost cooked. (Do not overcook)
11. 175 g Small macaroni 12. 750 g Drained, canned cannellini or other white beans 13. 60 ml Chopped parsley 14. To taste Salt 15. Taste Pepper	4. Add the pasta and continue to simmer the soup until the pasta iscooked. 5. Add the beans and return soup to a boil. 6. Add the parsley and seasonings
16. As needed Parmesan cheese, grated	7. Top with the parmesan cheese, or serve cheese separately



C. International Soups

- Gazpacho: Spain
- Mulligatawny: Sri Lanka
- Chicken Broth: England
- Cockie Leekie: Scotland
- Clam Chowder: U.S.A
- Bortsch: Russia
- Beersoup: Germany
- French Onion Soup: France
- Minestrone: Italian.

LO 3.3 Evaluate the quality of soups and rectify them

- Topic 1: Problems of soups and Rectification procedures

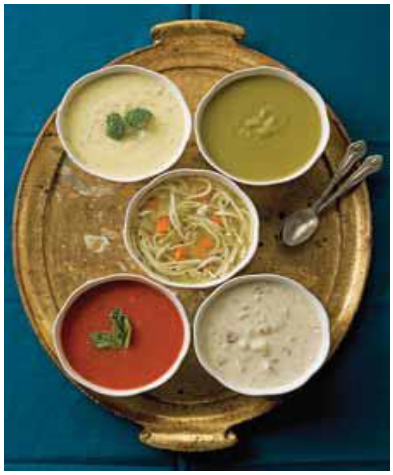
A table bellow indicate common problems in soups and possible techniques to rectify them

Problem of soup	**Rectification**
	Consommé
Failed clarification	Strain the consommé, cool it as much as you can Slowly add it to a mixture of ice cubes and egg whites Simmer as in the basic method and proceed with the clarification.

Poor color	Add few drops of caramel color to the finished soup
Cream soups	
Curdling	Do not combine milk and simmering soup stock without the presence of roux or other starch. Do the following ☑ Thicken the stock before adding milk. ☑ Thicken the milk before adding it to the soup Do not add cold milk or cream to simmering soup. Do one of the following: ☑ Heat the milk in a separate saucepan. ☑ Temper the milk by gradually adding some of the hot soup to it. Then add it to the rest of the soup Do not boil soups after milk or cream has been added
Watery	Add thickening agent
Too thick	Add hot water, stock or milk

LO 3.4 Present soup

- Topic 1: Presentation techniques
  - **Soup plating procedures**



1. Standard portion of appetizer is 200 to 250 ml
2. Standard portion of main course is 300 to 350 ml
3. Serve hot soups hot, in hot cups or bowls.
4. Serve cold soups cold, in chilled bowls or even nested in a larger bowl of crushed ice.
5. Consommés and some other clear soups can be kept hot for longer periods
6. Clear soups are generally served without toppings to let the attractiveness
7. Consommés are generally named after their garnish such as consommé brunoise,
8. American soups are served in addition with accompaniments like breadstick
9. Soups should be always moderately seasoned
10. Accompaniments of the soups should be of a crisp character, e.g. Melba toast, various crackers, bread sticks, cheese croutons, bread rolls etc
11. Entrée portions of one liter of soup yields five portions
12. The bowl should be warm for serving a hot soup, and cold for serving a cold soup
13. Serve cold soups at 5°C or below

  - **Soups garnish guidelines/ Garnishing techniques**

Use the following suggestions to garnish soups:

1. Garnishes should be attractively arranged.
2. Vegetables or meats for garnishes should be cut about the same size and shape.

  - **Commonly used garnishes for soups**

1. **Croutons:** Dices or other shapes made from bread, toast, pastry
2. **Profit roles**: Prepared from choux paste, they are miniature cream puffs which may be filled or used plain
3. **Cereals**: Rice or barley
4. **Cheese:** Cheese balls or grated parmesan cheese served with croutons on one side.
5. **Cream:** Unsweetened whipped cream or sour cream
6. **Meat:** Usually small dices or juliennes.
7. **Poultry:** Same as meat
8. **Seafood:** Diced or flaked. Large enough pieces distinguishable.
9. **Pastas:** Noodles, spaghetti other pasta products such as star letters cornets etc.
10. **Vegetables:** Cut in various sizes, shapes, juliennes, round slices dices of sprig, printaniere vegetables.

- **Soups toppings**
- Clear soups are generally served without toppings to let the attractiveness of the clear broth and the carefully cut vegetables speak for themselves.
- Thick soups, especially those that are all one color, are often decorated with a topping.
- Topping suggestions for thick soups include the following:

1. Fresh herbs (parsley, chives),
2. Chopped Croutons
3. Fine julienne of vegetables
4. Grated parmesan cheese
5. Sliced almonds, toasted
6. Crumbled bacon
7. Grated cheese
8. Paprika
9. Sieved egg yolks
10. Flavored butters
11. Chopped or sliced egg whites Flavored oils
12. Fried herbs, such as parsley, sage, chervil, celery leaves, leek julienne or chopped
13. Sour cream, crème fraîche, or whipped cream

- **Soup accompaniments**

American soups are traditionally served with crackers. In addition to the usual saltines, other suggestions for crisp accompaniments are:

- ☑ Melba toast
- ☑ Cheese straws
- ☑ Corn chips
- ☑ Whole-grain wafers
- ☑ Breadsticks
- ☑ Profiteroles (tiny unsweetened cream-puff shells)

Learning unity 4: Store and reconstitute stocks, sauces and soups

4.0 Introduction

By definition reconstitute stock, sauce and soup means to add appropriate amount of water to sauce or soup to adjust the consistence thus they are reconstituted to appropriate standards of consistency. Stock is reconstituted by putting stainless equipment in water instead of putting water in stock. Reconstitution is followed by either cooling then storing or consumption.

❖ **They are two ways to reconstitute sauce and soups**

1. By adding water
2. By using other liquid like evaporating milk, coconut milk, and fruit juices

❖ **Ways to Reconstitute Stocks**

1. Skim the surface and strain off the stock through a china cup lined with several layers of cheesecloth.

2. Cool the stock as quickly as possible as follows:

1. Set the pot in a sink with blocks,
2. Run cold water into the sink,
3. Stir the pot occasionally

☑ When cool, refrigerate the stock in covered containers. Stock will keep 2 to 3 days if properly refrigerated. Stock can also be frozen and will keep for several months.

LO 4.1 Store stocks, sauces and soups

- Topic 1: Storage techniques and procedures

In this topic food storage techniques like cooling temperature control, labeling and food storage procedures like hot and cold holding with their storage rules will be more discussed

1.1 COOLING

Stock must be cooled as quickly as possible to prevent microbial growth.

Stock temperatures should be taken during the cooling process to make sure that time and temperature standards are met to ensure the safety.

Cooling methods

There are two acceptable methods of cooling food outlined below. Employees involved in the cooling process of food must observe the following procedures:

One-stage (four hours) method:

1. Cool hot cooked food from 57º Celsius to 5º Celsius within four hours using an appropriate procedure.

2. Take temperatures of product after four hours to make sure that food temperature is below 5º Celsius.

Two-stage method

Food that has been cooked, and is intended to be kept under refrigerated storage before serving, should be cooled:

1. Firstly from 60ºC to 20ºC within 2 hours or less;
2. Then from 20ºC to 4ºC within 4 hours or less.

Factors that affect how quickly foods will cool down

1. **Size and quantity of the food item being cooled** – the thickness of the food or distance to its center plays the biggest part in how fast a food cools.
2. **Density of the food**: the denser the food, the slower it will cool. For example, chili will take longer than chicken noodle soup.
3. **Container** in which a food is stored: stainless steel transfers heat from foods faster than plastic. Initially loosely wrap food items.
4. **Size of container**: Shallow pans

Ways that can help to cool food rapidly:

1. Reduce the volume of the food by dividing it into smaller portions;
2. Place food in shallow containers with higher heat conductivity;
3. Ensure there is space around food containers
4. Place food container in cold water or ice

1.2 STORAGE PROCEDURES OF STOCKS, SAUCES ANS SOUPS

-Cold storage procedures

3. Stocks are stored in cold storage area
4. Store stock in above shelves like cooked food
5. Store stock in airtight container
6. Label the container by stock type date and temperature if taken
7. Keep chilled food at a temperature at 4^0C or below and frozen food at -18^0C or below.
8. Never store stock for too long in order to keep their freshness.
9. After defrosting do not re-refrigerate
10. Use stock rotation methods (FIFO and LIFO)

-Appropriate storage conditions

Sauces, soups and stock should be stored in sanitized containers. It is better to use several smaller sealed containers than a single large one. If sauces/ soups are to be frozen, then they can be packed in sealed plastic bags.

☑ **Containers for food storage**

- Need to be of a washable material
- Must be impervious to moisture
- Must not be scratched or damaged
- Food grade containers must be used.
- Stainless steel is best but food grade plastic is good.

- Plastic containers must not have been used to store chemicals.
- Container must be able to be sealed.
- Must be able to attach label

1.3 TEMPERATURE CONTROL

- Cool rooms need to operate at 5°C or below
- Freezers need to operate at -18°C or below

- **Topic 2: Labeling**

Labeling of product reduces the possibility of confusion and allows for better stock control; labeling helps rotating stock through storage area

Labeling required information for 'in house' storage?

- ☑ Name of product
- ☑ Date of manufacture
- ☑ Time
- ☑ Name of person responsible for manufacture
- ☑ Date of freezing; if frozen
- ☑ Recommended „use by date"
- ☑ Any allergenic ingredients.
- ☑ reheating and service instructions

Note:

- Bulk of food/ soup in self service must be labeled
- The label must be in plain view of the customer

L O 4.2 Reconstitute stocks, sauces and soups

- **Topic 1: Reheating techniques**

Reconstitute stock and sauces includes two processes which are reheating and hot holding. This topic will discuss of cold sauce like mayonnaise with cold soup like gazpacho holding procedures

-Reheating techniques

- Reheat to 74°C for 15 second
- Never use hot food holding equipment to reheat food; most equipment do not pass food danger zone.
- Remove food from hot holding equipment, reheat the food correctly, and then bring them to hot holding unity
- It is best to heat only small batches of soup if you hold the soup in a steam table.

-Hot Holding

It is very important to keep food hot until serving to prevent harmful bacteria from growing. You should use suitable equipment to keep food hot, for example:

- ☑ Bain-marie
- ☑ Soup kettle
- ☑ Hot cabinet

✓ The equipment you use must keep hot food above

Soup kettle

Bain-marie

63°C:

- ✓ Preheat the equipment before you put any food in it
- ✓ Ensure food is thoroughly cooked and piping hot before putting it in the equipment
- ✓ Use a temperature probe to check the temperature of food in hot holding
- ✓ After 2 hours the food must be:
    1. Reheated and serve it immediately
    2. Chilled down as quickly as possible and stored at 8°C or less,
    3. Or thrown away.

-Cold holding

Cold food can be held without temperature control for up to six hours, if the following techniques are respected:

- Hold cold soup at 5oc or lower before removing from the refrigerator
- Label the food with the time you removed it from the refrigerator
- Make sure the food temperature does not exceed 21°c while it is going to be served
- Sell, serve or throw out the food within four hours

- **Topic 2: Principles of hygiene**
    - ✓ Safe and hygienic handling of food and beverage
    - ✓ Regular hand washing
    - ✓ Clean and sanitize soup bowls
    - ✓ Correct food storage
    - ✓ Appropriate and clean clothing
    - ✓ Avoidance of cross-contamination
    - ✓ Safe handling disposal of linen and laundry
    - ✓ Appropriate handling and disposal of garbage
    - ✓ Cleaning and sanitizing procedures
    - ✓ Personal hygiene.

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