

Read through the Advanced Soups notes...

Roasted Chicken Stock (Start in the Morning)

Ingredients

- 1-2 Chicken Carcasses (left over from roasting or deboning), cut into smaller pieces
 - 1-2 Large Carrots (unpeeled), cut into 1cm cubes
 - 4 Celery stalks, cut into 1cm cubes
 - 1 large yellow onion, cut into 1cm cubes
 - Tomato paste, 20ml/one large Tablespoon
 - 13 black pepper corns
 - 1 bay leaf
 - 2ml/1/2tsp dried thyme
 - 20 parsley stems
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1. Take pictures of ALL stages, or film yourself creating the soup.
2. Place the chicken carcass pieces on a pan and place in the oven at 350F and cook until golden brown (should be less than an hour, depending on your stove)
3. Add the carrots, celery and onion into the pan on top of the bones, cook until the vegetables until they are partially browned.
4. Add tomato paste and cook until the paste becomes slightly brown.
5. Remove chicken, vegetables and tomato paste from the oven and place in a large pot 6L or greater (8L).
6. Fill with COLD water one cm from the lip of the pot.
7. Bring to a boil and reduce to a simmer
8. Add peppercorns, bay leaf, thyme and parsley.
9. Simmer for 6 hours.
10. Strain the solids from the liquid and place the pot of strained stock in a sink full of cold water to cool quickly.
11. Place the stock in the fridge and let it sit overnight. (the fat will float)
12. Remove the fat.
13. The liquid in the pot is your browned chicken stock. (hopefully 4L)
14. Reduce it to 2L
15. Cool and Store in your fridge.

- 1 One picture of all the ingredients scaled out prior to mixing
- 2 One picture of your cooking process
- 3 One picture of your finished product

You will then send ONE email to dsovyn@rockyview.ab.ca (in the same email). Attach all three pictures and answer the following questions:

- 1 What was one thing that did well?
- 2 What was one thing that you could have done better?
- 3 What did you think of the finished product in colour, clarity and taste? (remember NO salt)
- 4 What did your parents think of it?

Veloute

Ingredients

A.

250g Clarified Butter
100g Onions, small dice
50g Celery, small dice
Bay Leaf
Garlic clove, minced

B

250g Flour

C

4L Chicken Stock (use your stock)

D

TT Salt and Pepper

-
1. In a saucepan, sweat ingredients in part A, do not Brown
 2. Add part B to part A, cook but do not brown, cool slightly
 3. Add Part C gradually, whisking in, adding a little at a time will ensure that it stays smooth. Once all ingredients are in, bring it to a boil, simmer until it can coat the back of a Spoon.
 4. Season to Taste with Salt and Pepper
 5. Strain and keep at a temperature of 60C or cooler. Store or change it into a Derivative Sauce.

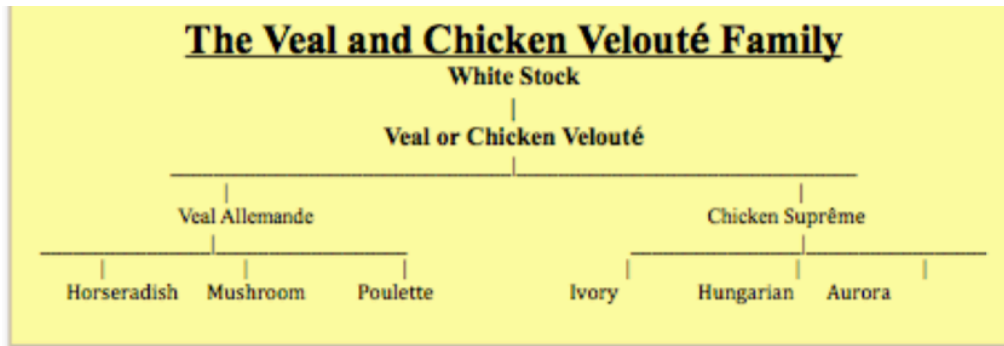
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Derivative Sauce – Veloute

Choose one Derivative Sauce for Velouté (Ivory, Hungarian or Aurora). Change your Velouté into a Derivative sauce of your choice. Search the internet if you are having difficulty (with something like Supreme). Sear off some chicken thighs or breasts and finish with your sauce. Serve it on rice cooked to your choosing. Add a vegetable or your choice that compliments the dish.



Velouté Sauce Derivatives (for 1L of velouté sauce)

- **Horseradish** – Add to allemande 125ml 40% cream and 5g of dry mustard. Just before service, add 60g freshly grated horseradish so that the mixture will not cook the horseradish.
- **Mushroom** – Sauté 125g sliced mushrooms in 15g butter; add 25ml white wine. Then add the allemande to the mushrooms. Do not strain. Garnish with 25g each chopped parsley & chives
- **Poulette** – Sauté 250g sliced mushrooms and 15g diced shallots in 30g butter. Add to the allemande; then simmer and strain. Finish with 15ml lemon juice and 15g chopped parsley.

Suprême Sauce Derivatives (for 1L of suprême sauce)

- **Aurora** – Add 350ml tomato sauce & 175ml 35% cream. Simmer for 5 minutes, strain and mount with 250g butter.
- **Hungarian** – Sweat 90g of diced onion in 60g butter. Add 15g paprika and sweat. Add 250ml white wine and reduce. Stir in the suprême sauce. Cook for 2-3 minutes, strain and finish with 250ml cream.
- **Ivory** – Add to suprême 90g glace de volaille.

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SUPRÊME SAUCE

Yield: 2 L (2 qt.)

2 L	Chicken Velouté
600mL	Milk
250 g	Flour
500 mL	Clarified butter
TT	Salt and white pepper

1. Simmer the velouté, stock, and mushroom trimmings until reduced to 2 L (2qt.)
2. Stir in the cream and return to a simmer.
3. Adjust the seasonings.
4. Strain through a conical strainer lined with cheesecloth