

Foods 10: Online: Soups and Sauces (Read Through the Notes)

1. When making a stock there are four aspects that we look for. What are they? In your own words, describe how each of the components are achieved.
2. What are the differences between a white and brown stock?
3. When adding flavouring agents into a stock there are two agents that we use. What are they and what is the differences between the two?
4. What is the difference between a stock and a broth?
5. What are the five Mother sauces? Explain what the major liquids are that are used to make each of them?

Roasted Chicken Stock

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/½tsp dried thyme
- 20 parsley stems

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. Save 2L for the soup.
15. Freeze 2L for the sauce that we will completing next week.

Chicken Vegetable Barley Soup (Use your Stock)

Yield: 2L

15ml Oil
75g Onions, small dice (6-7mm squares)
125g Carrots, small dice
125g Celery, small dice
125g Rutabagas, small dice
2L Chicken Stock
2ml Dill, dried
TT Salt and Black pepper (TT means to taste)
125g Barley, dried
150g Peas, frozen
250g Tomatoes, canned

1. Take pictures of ALL stages, or film yourself creating the soup.
2. Place oil in pan over low heat, add vegetables and cook (slowly until they are soft and there is no colour (this is referred to as sweating the vegetables)).
3. Add Tomatoes, and stir briefly.
4. Add chicken stock and dill and bring the liquid to a boil.
5. Add barley and simmer for 30 minutes.
6. Add peas and further simmer for 5 minutes.
7. Season with Salt and pepper.
8. Cool off soup pot in a sink of ice water.
9. Refrigerate overnight.
10. Reheat and eat