



Culinary Institute  
of America

# Soups and Sauces



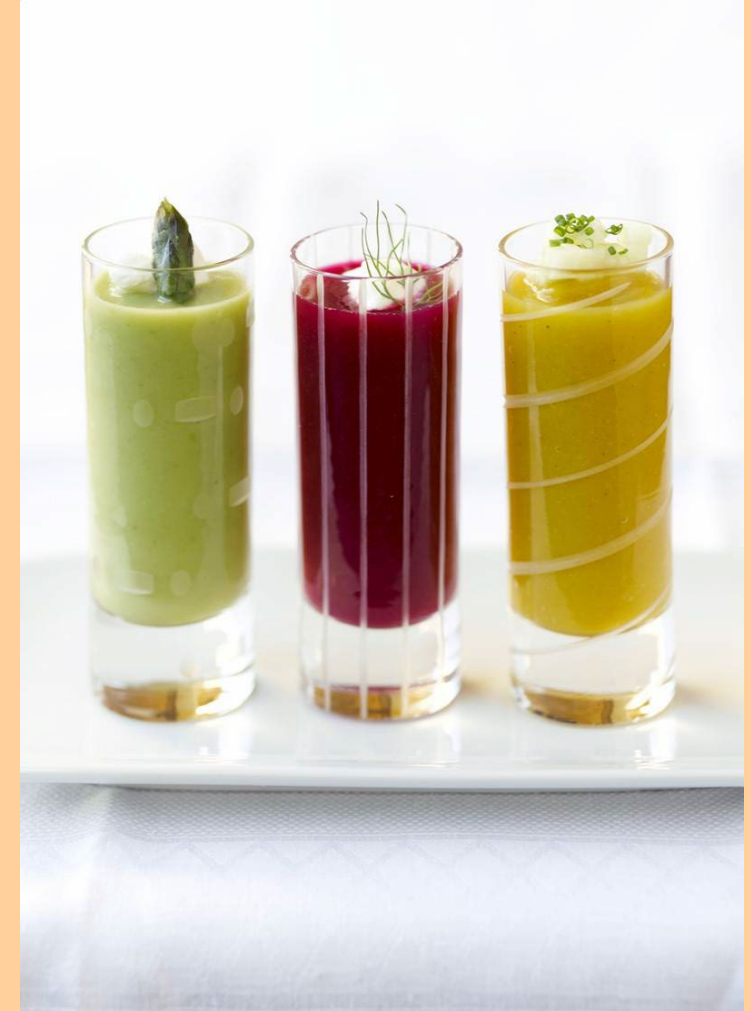
# Learning Objectives

- Explain fundamental sauce and soup production techniques and apply them to advanced preparations.
- List the five “Mother Sauces.”
- Explain how thickeners are incorporated into liquids.

# What is Soup?



A soup can be any combination of vegetables, meat, or fish cooked in a liquid



# Purpose of Soups in Contemporary Menus

- Showcase "Signature Dish"
- Menu variation
- Menu combinations
- Stimulate appetite

- Product utilization
  - Chicken legs and thighs
  - Bread trim
  - Vegetables





# Soup Ingredients

## Main Ingredients

- ✓ Meats
  - Flavorful, mature
  - Cut from neck or shank
  - Stewing hens or fowl
- ✓ Fresh fish and seafood
- ✓ Vegetables

## Liquids

- ✓ Best quality stocks
- ✓ Fumets
- ✓ Vegetable essence
- ✓ Fruit and vegetable juice
- ✓ Water

# Soup Ingredients



## Aromatics

- Add an extra flavor dimension
- Examples:
  - Spices
  - Herbs
  - Mirepoix
  - Sachet d'épices
  - Bouquet garni

# Soup Categories

## Clear Soups

- Broth
- Consommé
- Hearty broth

## Thick Soups

- Cream soup
- Chowder
- Purée soup
- Bisque

## Other Clear/ Thick Soups

- Specialty soups
- Cold soups

# Broth



- Made from flavorful:
  - Meats
  - Poultry
  - Fish
  - Vegetables
- More pronounced flavor than stocks
- Served "as is"
- Used as base for other dishes



# Broth Method

1. Combine principal ingredients with cool liquid and bring to a simmer, skimming occasionally.
2. Add remaining ingredients at appropriate intervals.
3. Check flavor periodically and remove when properly cooked.
4. Strain through a fine sieve.



# Broth Quality Characteristics

- Translucent
- Well-balanced flavor
- Deep amber to golden brown color
- Served hot
- Garnished with appropriately cut and cooked items

# Clear Broth

- Made from flavorful meats, poultry, seafood, fish or vegetables
- More pronounced flavor than stocks
- Served "as is" or used to make hearty broths or consommé



# Hearty Broth

- More flavor, texture, and body than clear broths
- Not as clear as clear broths
- Made from broth or stock
- Include appropriately cut vegetables
  - Items simmered in the soup until tender
- Add body with:
  - Meats, grains, legumes, pasta, starchy vegetables, bread, cheese
- Sometimes made from a single vegetable
  - i.e., French Onion



# Purée Soups

- Thicker and coarser than cream soups
- Rustic
- Commonly not strained
- Based on
  - Dried legumes
  - Starchy vegetable
- Includes pork product

- May be finished with
  - Milk
  - Cream
- Garnish
  - Croutons
  - Small dice of appropriate meat or vegetable

# Purée Soup Method



1. Render pork product in fat, if necessary.
2. Sweat or brown aromatics.
3. Add liquid and longest cooking ingredient.
4. Add remaining ingredients at appropriate intervals. Simmer until tender.
5. Purée, adjust seasoning, and finish as desired.
6. Garnish appropriately.

# Purée Soups: Quality Characteristics

- Robust flavor
- Appropriate thickness
- Slightly coarse texture
- Consistency of heavy cream



# Cream Soups



- Main flavoring often a single ingredient
  - i.e. Broccoli, asparagus, chicken, mushroom
- Thickeners
  - Roux, flour, potatoes
  - Puréed main ingredient

- Liquid
  - Stock
  - Broth
  - Velouté
  - Béchamel
- Finished
  - Heated heavy cream
  - Tempered liaison



# Cream and Velouté Soups

## Classical

- Cream
  - Béchamel based,
  - finished with heavy cream
- Velouté
  - Light velouté base,
  - finished with heavy cream and liaison (egg yolks)

## Contemporary

- Less distinction in modern kitchens
- Concern for reduced calorie and fat
- Purées often used as primary flavoring agent
- Soups garnished just prior to serving



# Cream Soups Method



1. Sauté or sweat aromatics/ main flavoring ingredient  
*If using velouté or béchamel, add only enough fat to smother aromatics*
2. Add flour (if using) - cook to form pale roux  
*Omit step if using velouté or béchamel*
3. Add liquid - skim and simmer until flavor and body fully develop
4. Purée and strain
5. Return to simmer and add finishing ingredients
6. Add garnish

# Cream Soups: Quality Characteristics



- Velvety texture
- Consistency of heavy cream
- Rich and balanced flavor
- No raw starch flavor
- Appropriate garnish
  - Size and shape
  - Flavor and texture

# Bisque: Contemporary

- Based on variety of ingredients
  - Vegetable (prepared like cream)
- Thickener
  - Roux
  - Vegetable purée
- Finishing ingredients
  - Cream
  - Sherry
- Garnish
  - Dice of main ingredient



# Bisque: Traditional

- Crustacean based
  - i.e. Lobster for Lobster Bisque
- Thickener
  - Rice, Rice flour, Bread
- Shells pulverized
- Consistency of cream soup
- Finishing ingredients
  - Cream
  - Sherry
- Garnish
  - Dice of main ingredient



# Traditional Bisque Method



1. Cook shells in fat until bright pink or red; remove
2. Add aromatics and sweat
3. Add tomato paste and cook to a deep rust red
4. Return shells, add liquid, and flavorings and simmer to develop flavor
5. Purée, strain, and adjust seasonings
6. Finish as desired and garnish

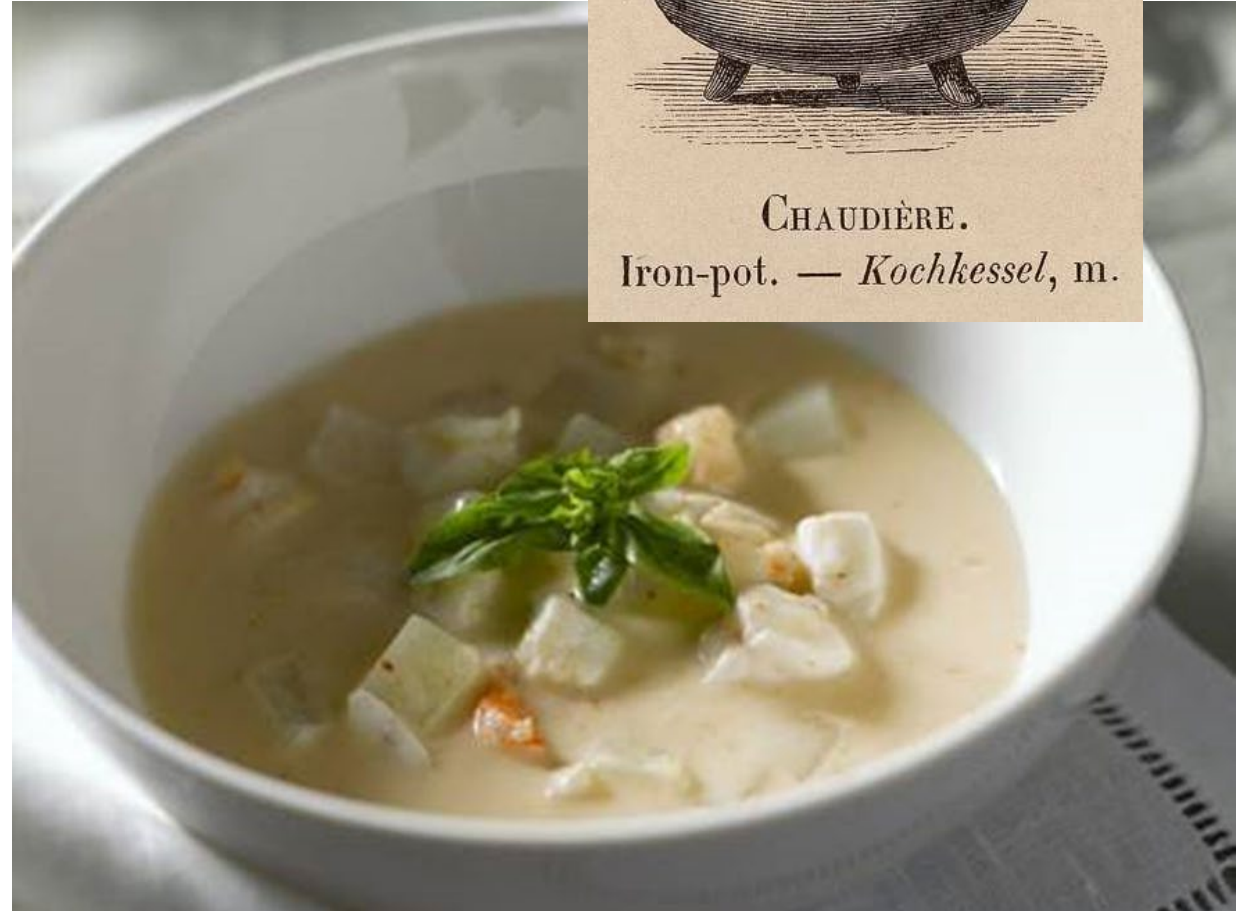
# Bisque Quality Characteristics



- Full-bodied flavor reflective of main ingredient
- Slightly coarse or grainy
- Consistency of heavy cream
- Appropriate color

# Chowder: Classical

- Chaudière
  - French fisherman's stew pot
- Made from:
  - Seafood
    - i.e., Clams for Clam Chowder
  - Pork product
  - Potatoes and onions
  - Thickeners give texture
    - i.e., potatoes, flour
- Heavy on garnish
- Hearty





# Chowder: Contemporary



- Any thick, rich, and chunky soup
- “Hearty broth” style
  - Manhattan Clam Chowder
- Vegetable based
  - Corn Chowder

# Chowder Method



1. Render pork product, add additional fat, if necessary.
2. Sweat aromatics.
3. Add flour (singer method) and cook.
4. Add stock and simmer until ingredients are fully cooked and tender.
5. Adjust seasoning and add garnish.

# Chowder: Quality Characteristics

- Rich, well developed, and balanced flavor
- No raw starch flavor
- Velvety texture
- Not overly thick
- Appropriate garnish
  - Spoon size
  - Reflects main flavoring ingredient



# Cooking Soups

- Soups are simmered, **NOT** boiled
- Boiling causes:
  - Separation
  - Cloudiness
  - Meats to toughen

- Avoid overcooking
- Taste soups during the cooking process
  - Check vegetables for doneness
  - Check flavors and adjust as necessary

# Reheating and Garnishing

## Reheating

- Soups often improve with age
- Easier to degrease when chilled
- Reheat in small quantities
- Special treatment for thick soups
  - Soups thicken after cooking – adjust as necessary
- Avoid extended periods in danger zone
- Hold at 180°F

## Garnishing

- Add at last minute, where appropriate
- Avoid excessively large sizes
- Consider heating separately

# What is a Sauce?

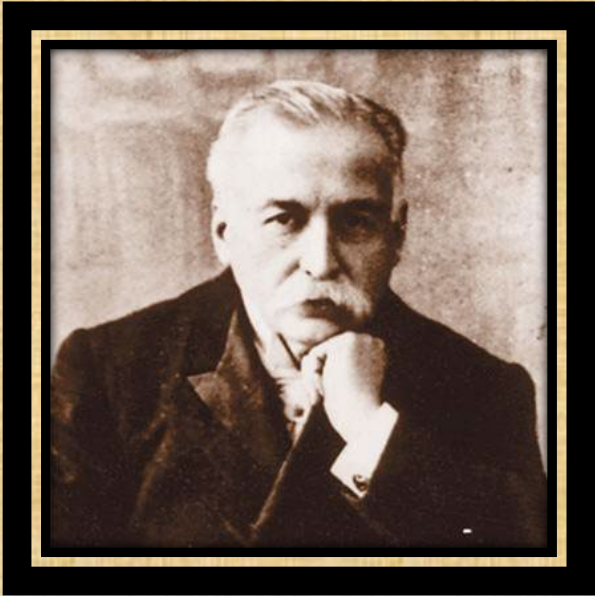
A flavorful liquid served as an accompaniment to food



# Purpose of Sauces



- Capture flavor of main ingredient
- Add additional flavors
- Provide moisture
- Add texture
- Enhance eye appeal of dish
- Contribute some nutritional value?



“Sauces represent one of the most important components of cookery... it is therefore impossible to devote too much care and attention to their preparation.”

--Auguste Escoffier



# Grand/ Mother Sauces

- Old style of sauce making
- Made in large batches and stored
- Roux thickened
- Laborious, time consuming
- Not eaten "as is"
- Can create many "derivative" or "small sauces"
  - Sauces created from "mothers" to fit a specific dish
  - Created in small batches
- Hollandaise
  - "Mother" sauce?



# The Grand Sauces



**Velouté**



**Tomato Sauce**



**Brown Sauce**



**Hollandaise**



**Béchamel**

# Small Sauces

- Also known as derivative sauces
- Includes the many variations that can be prepared using a grand sauce as the base
- Served “as is”

Sauces Often include:

- Reductions
  - Wine
  - Flavored liquids
- Herbs
- Aromatics
- Smoked meats
- Butter
- Garnish items

# Espagnole

- Brown Veal Stock
- Pincage
- Aromatics
- Brown Roux



# Béchamel



- Milk
- Onions
- White roux
- Cloves, bay leaves, nutmeg

# Velouté

## White Stock

- Fish, Meat, Poultry or Vegetable
- Pale roux
- Aromatics



# Classic Tomato Sauce



- White Stock
- Pale Roux
- Tomatoes
- Aromatics

# Hollandaise

- Butter, often clarified
- Egg Yolks
- Reduction: Wine, Vinegar, Shallots, Peppercorns
- Lemon Juice
- Tabasco or Cayenne





# Contemporary Sauces

- Purées
  - Coulis
  - Emulsions
  - Chutneys
  - Relish
  - Salsa
  - Flavored Butters
  - Many others
- Quick to produce/ Require less labor
  - More nutritionally sound
  - Made in smaller batches
  - Culturally diverse
  - Often big bold flavors
  - Regional, seasonal ingredients
  - Not likely to contain roux
  - Thickened by reduction, emulsion, puree or pure starch

# Thickening Agents

- Reductions
- Beurre manié
- Roux
  - White, Pale, Brown, Dark
- Pure starches
  - Cornstarch
  - Arrowroot
- Liaisons
- Grains
- Vegetables

Beurre manié



Slurry

Roux



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Any Questions?