Week 1

Clear Soups



Soups

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Week 1

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All clear soups start as broth or as stock. Broth soups might be served as finished items, or used as the base for other soups or clarified into Consommé.

Many people like soup, especially when the days are cold and dark. In our country more people prefer hearty, thick, creamy soups. In other countries like France or Greece, a clear soup is often a favorite. Clear soups are meant to stimulate the appetite and get our digestion ready for the main course.

Sometimes a clear chicken noodle soup is used to feed a sick person and some research suggests that there may be ingredients in such a soup that helps to heal a person suffering from a cold.

In today's cuisine, clear soups are categorized into 3 subcategories:

Broth	Stocks and broth are similar in technique and cooking time.
Hearty broth	Hearty broths are based on clear broth but with stronger flavor.
Consommé	A Consommé is a perfectly clear broth that has been clarified of all its impurities.

BROTH SOUPS

Broth is called "Bouillon" in French cuisine. Broth and stock are similar in technique and cooking time. Meat, poultry, fish, trimmings, or vegetables, which can be roasted or seared, are slowly simmered along with an aromatic vegetable garnish like a Mirepoix. It is seasoned with spices and herbs that are usually tied up in a bundle or bouquet garni. The broth is skimmed regularly to remove any unwanted impurities and to produce a clear and flavorful liquid with some body. The major distinction between broth and stock is that broth can be served as is, whereas stocks are usually not seasoned and are used in the production of other dishes and the confection of sauces.

Meat and poultry broths have more flavors than their stock counterparts because they are based on meat rather than bones. Fish and vegetable broth are made from the same basic ingredients as fish and vegetable stock, so the difference between them, besides seasoning, is really one of intended end use and word choice.

If a broth cooking temperature is carefully regulated so that it is never more than an even, gentle simmer and if the surface is skimmed regularly as necessary, a broth can be clear, full bodied and rich as a Consommé, without clarification.

The best broths are made from the most flavorful ingredients. Chefs will choose tougher cuts, like oxtail or beef shank for example, that come from the more exercised part of the animal because the more fully developed the muscle; the more pronounced the flavor will be. They are cooked until the meat is tender and falling off the bone.

The same is true for poultry broth, where stewing hens or more mature game birds are the best choice for intense flavor. Frequently, the meat or poultry used to prepare broths can work for other preparations, if they are cooked until fully tender and no longer. The meat can be Julienned, diced or chopped to use as a garnish or to create a separate dish.

When making fish consommé and or fish broth, fish freshness is absolutely essential and you should be aware and avoid fish that are rich in oil and fat like Mackerel, Bluefish or Salmon as they tend to lose their flavor when their

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oil is exposed to high temperature. It is best to use lean fish like Sole, Halibut, Turbot, Flounder or Cod for optimum flavor.

Shellfish and crustaceans cooked in the shell in a small amount of liquid produce excellent broth. For example "Poached Crayfish à La Nage" or mussel or clams in white wine, etc. The broth made from these shellfish is very tasty and can be used to make Consommé, as broth in soups or as excellent stock in sauces. In any case, it must be very carefully strained in order to remove all traces of grit or sand prior to further usage.

For vegetable broths, combine fresh trimmings from several vegetables or follow a specific recipe. Always consider the strength of the vegetable's flavor and how that might affect the broth's balance and flavor. Cabbage family members such as cabbages, cauliflowers and broccolis can become overwhelmingly strong. Eggplants and green bell peppers are not suitable for vegetable broth as there flavors are too overpowering.

Many broths begin with the simplest of all liquids that is cool fresh water. The better and the more pure the water is, the better and more flavorful the broth will be. Using a stock remouillage (second cooking of a stock), or broth as the base for liquid, will produce what is sometimes referred as a double broth. Select additional ingredients to add flavor, aroma and color to a broth. Aromatic herb and vegetable combinations like Mirepoix and bouquet garni are commonly used in those broths too. In modern cuisine, broth may call for untraditional ingredients like, ginger, lemongrass, dried tomatoes or wild mushrooms to give a broth a unique flavor and strong character.

Garnishing a broth is important and adds visual and textural interest. Simple garnishes such as fine Brunoise, or chervil leaves are traditional. For more information, see our article on "Garnishes and Accompaniments for Clear Soups".

When assembling the equipment, select a pot large enough for the broth to cook. There should be sufficient room at the top of the pot to allow some expansion during cooking, as well as to make it easy to skim away any impurities on the surface. The pot should be tall and narrow rather than short and wide. You will also need skimmers, ladles, storing containers, strainers, tasting spoons, cups and a kitchen chef fork to remove any large pieces of meat.

BROTH SOUP RECIPE

Basic recipe for ½ gal/1.9 L	**Ingredients:**
Meat or Poultry Broth:	• 5 lb /2.2 kg meat or poultry including bones • 3 quarts/liter cool water • 1/2 lb/227 g Mirepoix • 1 bouquet garni
Fish or Shellfish Broth:	• 5 lb /2.2 kg fish or shellfish including bones or shells • 3 quarts/liter cool water • 1/2 lb/227 g Mirepoix with mushroom trimmings • 1 bouquet garni

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Vegetable Broth:	• 3 lb /1.5 kg fish or shellfish including bones or shells • 3 quarts/liter cool water • 1/2 lb/227 g Mirepoix with mushroom trimmings • 1 bouquet garni

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METHOD FOR ALL BROTHS

In a large pot, combine major ingredients, seasoning and cover with cool water. Gently bring the liquid to a simmer, skimming as necessary. The process of blanching the meat or poultry before making a broth will help to remove the impurities. Avoid a hard boil when cooking broths, vigorous boiling causes the fat and impurities to be mixed back in, thereby clouding the broth.

Add the remaining ingredients and aromatic ingredients at appropriate intervals. Simmer until flavor, color and body are fully developed. Since the cooking times vary widely, consult specific recipes for guidance.

Taste the broth from time to time as it simmers to be sure that is developing properly and make correction if necessary. For example, if the bouquet garni is too powerful, remove it. If there is a lack of rich, roasted flavors, add an onion Brûlé. If you lack color and like to have a more golden color, add a tomato finely diced along with an onion brûlé and continue to simmer for a good hour.

Final seasoning and flavor adjustments, however, are generally done after the major flavoring ingredients have given up their maximum flavor. Meat and poultry should be cooked until fork tender. Fish, shellfish and crustaceans should be simmered briefly until just cooked through to perfection. Vegetables should be cooked until extremely soft but not cooked into shreds.

To strain the broth, use a ladle and do not pour the liquid out of the pot. To keep the soup clear, first lift the meat, chicken or seafood and vegetables from the broth before straining. Line a sieve or colander with rinsed, doubled cheesecloth or use a double fine-mesh sieve. Skim as much fat from the surface as possible before garnishing and serving or before cooling and storing quickly.

Bring the broth to a gentle boil, garnish as desired and serve immediately. If the broth has been cooled, lift away any congealed fat and return the broth to a simmer. Prepare and heat the garnish and serve immediately.

Evaluate the quality of the finished broth. A good broth is:

- Clear
- Golden in color
- Rich tasting
- Aromatic
- Has good flavor
- Has noticeable body

The selection of fresh, high quality ingredients, the right proportion of flavoring ingredients to liquid, the right seasoning, the right temperature regulation, through skimming, adequate cooking time and adjustment to the broth's seasoning throughout cooking time result in the highest quality broth possible. Proper handling of the soup during storage and reheating assures that the broth maintain its quality. Broths typically have a few droplets of fat on the surface, a sign of a rich, full-flavored soup.

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TIPS FOR MAKING THE PERFECT BROTH

The flavor of a broth may be intensified by adding more meat and vegetables. For the flavor and the color of a brown broth to be enhanced, the meat and vegetables that are added should be browned earlier.

The broth may be enhanced by adding preferred ingredients at the right time. Some of the ingredients may be added during the process of cooking for the flavor to permeate through the broth. Other ingredients may be added later during the cooking process to maintain their distinct texture and flavor, such as Sachet or bouquet garni, fresh or dried herbs, aromatic vegetables and burnt onion.

A broth may be further intensified with garnishing to add flavors. Ingredients that are used to garnish should be cut in the right shape and size and added when the cooking process has reached the final stage. These ingredients may include meat, poultry or fish, fresh herbs, vegetables, cooked grains of barley and rice and cooked pasta.

HEARTY BROTHS SOUPS

Based on clear broth or stock, hearty broths possess more texture, body and flavor than broths that are clear. Hearty broths can be made from just one vegetable as in French Onion Soup or other soups with several vegetables. In some soups, meat, pasta and grains can be added to give it body, but the soups with these additions that are cooked with the broth will lack the clearness of Consommé or that of clear broth.

Vegetables can be chosen for their innate flavor and aromatic qualities according to individual preferences. Each vegetable should be peeled, cut and trimmed into uniform pieces so they cook evenly and maintain an attractive tasteful appeal.

As hearty broths often include fish, poultry or meat, each piece should be cut according to the style of the soup that is being prepared. After the ingredients are cooked in the soup, they are Julienned, shredded or diced and left to simmer in the soup till the cooking process is over.

Other ingredients may be added such as pasta, whole grains or beans. These starch ingredients may be cooked separately and added as garnish or can be added according to the traditional method to the soup while it is being cooked. This transforms the soup into a hearty vegetable broth being thicker with more body.

The liquid base for vegetable soups consists of good-quality stocks, vegetable essence or juices, water and clear broths. The liquid should be tasted and seasoned accordingly from the start of the cooking process to just before being served. Suggestions should be referred to for the specific recipe that is being cooked. The broth should be simmered over low heat with the other ingredients along with the right amount of aromatics and seasoning as required. This would enhance the flavor of the broth when it is finished and reduce the cooking time bringing the soup to the desired cooking speed in a fast manner.

There are various garnishes for different kinds of soups. The article, ‘Garnishes and Accompaniments for Clear Soups’ may be referred to for any suggestions. Ingredients that enhance the flavor such as puree of red bell peppers, cheese, pesto, tomatoes, sorrel or chilis may be added just before serving the soup. Last minute adjustments may be made with fortified wine like sherry, or vinegar or citrus juices as in the Greek soup, Kotosoupa Avgolemono that comprises of chicken broth with egg and lemon.

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Most of the soups including vegetable soups are cooked in one single pot from start to finish. It is preferable if the pot is tall more than being wide as the soups can be simmered continuously for gentle and even cooking. While cooking soups, ladles, spoons and skimmers are used till the soups is finished. Utensils such as cups and tasting spoons should be kept handy so that the soup can be monitored at all times while the flavor is being developed. The storage or holding container for the soup should also be kept ready.

HEARTY BROTH SOUP RECIPE

Basic recipe for 1 gal/ 3.84 L	Ingredients
Meat, Poultry, Fish, Shellfish or Vegetable Broth	• 4 lb / 1.81 kg of one or more flavoring ingredients, such as vegetable, meat, poultry fish, shellfish, legumes or pasta. • 1 gal 32 fl oz / 4.80 L of stock or broth • 1/2 lb/227 g Mirepoix • 1 bouquet garni • Seasoning such as salt and pepper • Spices sachet, optional • Burnt onion, if desired

METHOD FOR ALL BROTHS

The vegetables should be cut into uniform shapes and sizes. The aromatic vegetables should be cooked in fat to the required stage and should be added in intervals so that their intrinsic flavor is brought out along with the color and texture. Many of the vegetable soups use basic aromatic vegetables such as leeks, onions, garlic, parsnip and carrots. The flavors of these vegetables are released into the soup by sweating them in a small amount of fat. Delicate and tender vegetables are not allowed to sweat such as asparagus tips and cauliflower florets. These vegetables are added at specific times depending on different cooking times. Vegetables like onion when cooked to a golden color can add a rich and enhanced flavor to the broth. Instructions that are specific can be followed by observing and consulting recipes when cooking vegetables.

After adding the liquid and bringing to a simmer, the soup should be stirred, skimmed and the seasoning should be adjusted right through the cooking process. The main ingredients used to flavor the soup should be added at the required intervals. The desired seasoning should be added at this juncture according to the flavor of the broth. The soup should be allowed to simmer one hour longer at this point.

The soup should be cooked at a slow simmer as it is the most suitable speed for most of the soups. This helps the meat and the vegetables to release their flavors and helps to retain the appealing appearance of the vegetables when the soup is left to simmer. The ingredients in soups and broths that are cooked on high heat tend to shred besides making the broth look cloudy. The necessary ingredients should be added at specific times so that they cook to the desired consistency besides developing a tasteful flavor.

Bouquet garni and spices sachet as aromatic ingredients should be added towards the end of the cooking process so that they lend their flavor and fragrance to the soup. The soup should be skimmed from time to time as needed. To acquire the best finish and quality, the scum that forms should be removed to enhance the appearance of the

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soup. As the soup reaches the end of the cooking process when all the flavors have been released, it is now time to season, garnish and serve. The soup may also be cooled and stored for later use.

The quality of the soup should be determined to see if the flavor, the rich color and the aroma have been maintained. Vegetable soups that are clear are not as clear as a Consommé or a broth. A vegetable soup that contains vegetables possesses its own texture and body unlike that of a strained soup. The vegetables when cooked to the desired consistency should retain its colors to give it its appealing look and appearance. Starchy ingredients like beans and potatoes, poultry, fish and meats should be soft in texture and should hold the shape that it was cut in originally.

TIPS FOR MAKING THE PERFECT HEARTY BROTH

The flavor of broths can be intensified by increasing the amount of vegetables and meats as required. In order to add a tempting appearance to a brown soup and enhance the flavor as well, the meat and vegetables as the important flavoring ingredients may be browned before adding the stock or the liquid.

The flavor may be enhanced by adding the desired ingredients at the right time. Some of the ingredients may be added earlier on in the cooking process to add flavor while the others may be added in desired quantities to maintain intrinsic flavors and textures. These ingredients may include burnt onion bouquet garni, aromatic vegetables and fresh or dried herbs.

Depending on the flavor, taste and texture that are needed, many suitable ingredients may be used to add body to a heart broth. These ingredients may include grains, pasta, starchy vegetables, legumes or meat.

Another art of enhancing flavors is by garnishing a hearty broth with ingredients cut to the required shape and the right size. These ingredients can be added at the end of the cooking process just before serving. The preferred ingredients may include cooked grains like rice or barley, fresh herbs, meat, poultry or fish, vegetables or cooked pasta. Other various ingredients may be used to enhance the flavor as desired such as cheese, croutons, plain or flavored oils, fortified wine or other similar flavorings.

ADDITIONS TO THE BROTH

Meats, poultry and fish: While cooking the broth, meat cuts should be added at the beginning of the cooking process. These cuts of meat should be less tender and more mature so that they will be cooked along with the other ingredients at the same time besides flavoring the broth. Shellfish and fish should be added towards the end of the cooking process so that they will not be overcooked.

Grains and pasta: Grains and pasta should be left to boil in salted water a little longer that the usual period.

Legumes: Black-eyed peas and lentils can be added to the soup with the stock so that they are completely cooked. Other types of beans should be cooked separately.

Dense or starch vegetables: Some vegetables that are cut typically in diced pieces may need 30 to 45 minutes to cook completely such as carrots, winter squashes, rutabagas, parsnips, potatoes, beet and turnips.

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Green vegetables: While cooking soups, broccoli florets, leafy green vegetables like spinach or kale, green beans and peas should be added about 15 to 20 minutes when the soup is being simmered before the end of the cooking process. Vegetables are blanched by some chefs who like to retain the colors before they are added to the soup.

Tomatoes: According to the recipe, tomatoes may be added while the soup is being cooked at the beginning with other aromatic ingredients so as to act as a flavoring agent as well as add color to the broth. During the last 5 to 10 minutes of the cooking process or the simmering time, the tomato garnish may be added.

Herbs and spices: Dried herbs and spices may be added along with other aromatics right through the cooking time to flavor the soup. Sachets or bouquet garni with spices, fresh and dried herbs can be added about 15 to 20 minutes at the end of the cooking time while the soup is being simmered just before serving to acquire the intrinsic and fresh flavor.

CONSOMMÉ

Consommé are crystal clear with enhanced flavor that is the result of blending a clarification mixture with a stock of high quality. In order to ensure that the Consommé is of high quality, a chef has to determine the right type of ingredients, make certain that the clarification mixture is kept cold till the time the Consommé has to be cooked and observe the temperature as the Consommé cooks on slowly simmering heat. As soon as the Consommé reaches the right color with a rich flavor, care must be taken to strain and degrease it so that the soup is crystal clear and fat free with a taste that is both satisfying and strong.

It is necessary to use fresh stock that is of high quality while making the Consommé. The stock should be checked for quality by boiling then smelling and tasting it. If the stock is felt to be unsuitable or if there is any doubt regarding its quality, it would be necessary to provide fresh stock or make a new one.

Being a combination of egg whites, herbs, spices, ground or chopped Mirepoix and ground lean meat, a clarification can also be made of tomato and similar acidic ingredients. These ingredients have helped towards making a well-proportioned Consommé with their various functions. By strengthening its flavor to render a pure version, these ingredients contribute towards a soup that is crystal clear. For the best results in flavor and quality of a Consommé, it is important that the meat is ground along with the Mirepoix vegetables. The egg whites and the meat should be kept refrigerated to retain the flavor and its wholesome quality whether the ground meat is bought or made in-house.

Normally, the meat that is used in the clarification is the same as the meat used in the broth or the stock. As an example, the chicken that is ground would be used in the clarification as well as in the stock or broth that would be used to make a chicken Consommé.

The vegetables should be cut in the Mirepoix style so they combine to form a raft with their flavors being quickly released. Typical varieties that may be used are garlic, onions, celery, leeks, parsnips, mushrooms and carrots. Except for the acidic ingredients, the rest of clarification ingredients can be mixed, chilled and kept overnight or for some hours. Acidic ingredients, such as tomato may be added, in some cases, to the clarification just before blending it with the cold stock. This would contribute towards flavor enhancement as well help the raft to be formed. A fish or vegetable Consommé can use lemon or vinegar as a suitable acidic alternative. Additional flavor and color may be added by using an onion brûlé or burnt onion. To achieve a special flavor, preferred flavoring ingredients may be used as required.

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The clarification mixture can also include herbs and spices such as chervil, thyme leaves, dill, stems or sprigs of tarragon and parsley. Other fresh herbs may also be used as well as bay leaves, juniper berries, cloves, star anise, peppercorns, lemongrass and ginger.

The equipment used for Consommé is the same that had been described previously. To facilitate easy handling, the pot should be structured with a heavy bottom so that the clarification ingredients are prevented from catching, scorching or sticking while cooking. The pot should be taller than wider so that the broth can be allowed to simmer. Flattop ranges and professional steam kettles are ideal for making Consommé with its even heat.

CONSOMMÉ RECIPE

Basic recipe for 1 gal/ 3.84 L	**Ingredients:**
Meat, Poultry, Fish, Shellfish or Vegetable Broth	• 4 lb / 1.81 kg of one or more flavoring ingredients, such as vegetable, meat, poultry fish, shellfish, legumes or pasta. • 1 gal 32 fl oz / 4.80 L of stock or broth • 1/2 lb/227 g Mirepoix • 1 bouquet garni • Seasoning such as salt and pepper • Spices sachet, optional • Burnt onion, if desired

METHOD

The clarification ingredients must be very cold from the time the cooking process begins. The Mirepoix ingredients and the protein must be ground and then combined with egg whites. The acidic ingredients such as lemon juice and tomatoes can be added just before the Consommé is cooked. The clarification can be loosened with cold water and then mixed with the broth or the cold stock. Spices such as sachet, pepper and salt can be added as required.

Cook the clarification on medium heat and simmer it while stirring often till the raft forms. Sir continuously so the clarification ingredients do not scorch at the bottom or stick to the pot. As the mixture begins to get hot, the clarification ingredients will turn gray and form a raft or a large soft mass. This will happen when the egg whites begin to cook at a temperature of about 120ºF to 125ºF/49ºC to 52ºC. The stirring should be stopped at this temperature and the heat should be adjusted till a few small bubbles burst at the surface of the mixture. If the boiling or simmering is too strong if the heat is too high, then the raft would break without lending its flavors to the Consommé. Care should be taken to see that the heat should not be too low as the impurities will not rise to the top and attach themselves to the raft. A burnt onion may be added if preferred.

As the clarification ingredients form into a raft, it can be simmered without stirring. The full flavors of the ingredients will emerge if the raft is basted and not left to dry out and break up. While the soup simmers, the impurities are transferred from the bottom of the pot to the raft where it remains trapped. This would clarify the soup. As the soup simmers, a small hole is formed in the center of the raft. If a small hole or opening does not

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occur, it would be necessary to use a spoon or ladle to make an opening gently in the middle of the raft. The opening should be large enough for a spoon to be dipped through and baste the raft with some liquid with the raft being used as a filter. The hole or opening can used to taste the liquid and add any seasoning if necessary.

The soup should be simmered slowly till the body, color and flavor are developed completely. Normally, the cooking guide in recipes includes the cooking time of 1 to 1 ½ hours that will help to clarify and secure the flavor of the soup. The raft should be basted often through the simmering of the Consommé. When a considerable cooking has taken place, the raft will start to sink and the Consommé would have been properly simmered. Pour some of the Consommé into a plate or white soup bowl and assess its clarity.

The Consommé can now be stirred through a conical fine-mesh sieve that is lined with clean cheesecloth or a coffee filter. Care should be taken so that the raft does not break and the Consommé should not be poured along with the raft into the strainer as this will loosen out the impurities. The raft must not be pressed or squeezed either as it will again release the impurities. The seasoning should be adjusted as required.

The Consommé should be degreased in a careful manner and blotted with absorbent paper or it should be refrigerated. Any fat that may have formed can be easily removed before it is reheated. The Consommé can now be garnished or cooled and kept ready for storage.

The quality of the Consommé can be determined after it is completed. A well-made Consommé will have a rich flavor and would be harmoniously balanced that displays the major ingredient and distinguishable body. A well-balanced Consommé will aromatic, fat free and crystal clear. A high quality Consommé is the result of the correct ratio of flavoring and aromatic ingredients to liquid, the selection of fresh and high quality ingredients, very cold clarification ingredients, adjusting the seasoning correctly, detailed skimming and sufficient cooking time through the cooking process. The Consommé should be carefully handled while being stored and reheated to ensure that its quality is maintained.

TIPS FOR MAKING THE CONSOMMÉ

In order to further enhance the flavor of Consommé, the amount of meat in the recipe can be doubled. This is known as Double Consommé.

The flavor can be developed with additional ingredients. The ingredients can be added at the right time and can include burnt onion, fresh or dried herbs, bouquet garni and aromatic vegetables.

Various acids can be used to produce the preferred flavor and color such as lemon juice, tomato, vinegar or dry wine in a Consommé.

Garnishing provides another versatile way of introducing and influencing flavors. The garnishing ingredients should be cut to the right size in preferred shapes and added at the end of the cooking process. The garnishing ingredients may include meat, poultry or fish, cooked pasta, vegetables, cooked grains such as rice and barley and fresh herbs.

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TYPES OF CONSOMMÉ AND GARNISHING

There are many of ways to garnish your Consommé. These are a few examples from hundreds Consommé garnered from the book, “Le Repertoire de la Cuisine” written by Th. Gringoire and Louis Saulnier. The book is a reference book in French cuisine and is available in French and in English and is a must-have book.

Consommé name	Description:
Chicken Consommé	Proceed as for ordinary Consommé, using white chicken stock to moisten the ground chicken clarification.
Game Consommé	Place 3 pounds of game carcasses in a saucepan and moisten with 2 gallons of General Stock. Add a bouquet garni, consisting of parsley roots, 1 sprig each of thyme and sweet basil, 2 bay leaves, 4 sage leaves and 1 sprig of marjoram. Clarify with 2 pounds of lean beef. **Note:** Care should be taken that the skin of the game is discarded before cooking.
Royal Consommé	Beat together 3 yolks and 1 whole eggs with 6 2/3 fl oz/ 200 ml of stock. Season with salt and nutmeg, strain and fill into some small buttered timbale moulds. Then stand these in a saucepan with boiling water and cook in the oven from 12 to 15 minutes. When cold, cut in slices or in fancy shapes and serve in the Consommé.
Trianon Consommé	Add to the Consommé three kinds of royal custard - yellow, red and green.
The Epicure's Consommé	Serve the Consommé with poached egg.
Consommé Brunoise	Garnish with cooked vegetables Brunoise.
Consommé Celestine	Consommé lightly thickened with tapioca and garnished with Julienne crepes with chopped truffles or fresh herbs.
Julienne Consommé	Consommé garnished with Julienne of carrots, leeks, turnips, celery and cabbage, plus green peas and a Chiffonade of sorrel and chervil.

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Consommé Olga	Consommé Julienne flavored with Port wine.
Consommé Printanier	Consommé garnished with balls of carrots, turnips, zucchinis and peas. ("printanier" comes from "printemps" which mean spring)
Consommé Chasseur	Game Consommé garnished with mushrooms Julienne, game Quenelles or Profiterole stuffed with game purée.
Diplomate Consommé	Chicken Consommé lightly thickened with tapioca and garnished with Julienned truffles and slices of chicken forcemeat blended with crayfish butter.
Grimaldi Consommé	Consommé clarified with fresh tomato puree, garnished with diced Royale and celery Julienne.
Mikado Consommé	Chicken Consommé with tomato, garnished with diced tomato and chicken.

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RECIPES

CHICKEN BROTH WITH EGG AND LEMON - KOTOSOUPA AVGOLEMONO



This soup is a favorite with Greek families. There are several variations and the egg-lemon soup is so popular that people often buy canned chicken stock to make it.

Level: Easy
Preparation Time: 15 minutes
Cooking Time: 120 minutes
Total Time: 145 minutes
Serves: 8

Ingredients
1 chicken, about 2 pounds
1 onion, peeled
2 carrots, peeled
2 bay leaves
2 tsp of Greek oregano
12 cups of water
Sea salt and freshly ground pepper
½ cup of rice
3 eggs
Juice of two lemons
2 tbsp of chopped parsley

Preparation

Place the chicken, onion, carrots, bay leaves, oregano, salt, and pepper, into a stock pot and add water to cover. Bring to a full boil. Cover and cook for about 2 hours, removing the scum several times. When the foam stops, reduce heat, cover the soup and simmer until the chicken meat is falling off the bones, depending on the weight for about 2 hours.

Take the chicken out of the broth, remove the skin and bones from the meat and set the meat aside. Pass the broth through a sieve and bring the broth to the boil again. Add the rice and cook for about 15 minutes or until tender. Slice or cut the carrots into small diced pieces and reserve with the chicken. Now add the meat and carrots to the soup and re-boil briefly.

Whisk the eggs until they are slightly frothy and continue to beat them while you gradually add the lemon juice, as well as several spoonfuls of hot broth, one by one. Remove the soup from the heat and stir in the egg-lemon sauce into the soup. Sprinkle the soup with parsley and serve hot.

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STRACCIATELLA ALLA ROMANA OR ROMAN EGG DROP SOUP

Stracciatella , means"little rags," this well-known Roman soup is made by stirring a raw egg, Parmesan and lemon juice into a hot chicken broth. The egg breaks into stringy fragments as it poaches. The soup is delicious and surprisingly refreshing with the lemon flavor.

Learning objectives: After boning a whole chicken, learn how to use the carcass by doing something different than a stock, but a light delicious soup.



Level: Easy
Preparation Time: 20 minutes
Cooking Time: 120 minutes
Total Time: 140 minutes
Serves: 8

Ingredients
1 chicken carcass, about 1 ½ to 2lb
1 ½ cup of small Mirepoix
1 loose bouquet garni
16 cups cold water
1 burnt onion, for color and flavor
Or 8 cups seasoned chicken stock
3 large eggs
1/2 cup freshly grated Parmesan cheese
2 tbsp finely chopped flat-leaf parsley
Juice and zest of 1 lemon
Salt and freshly ground pepper

Preparation

Wash the bones and place them in stock pot, cover by one inch with the cold water and bring to a boil on high heat. When the stock begins to boil, reduce the heat and simmer. After 5 minutes, skim the surface of the stock to remove any foam and reduce the heat to a simmer and add the Mirepoix, bouquet garni and burnt onion. Make sure that all the ingredients are completely covered with liquid. Continue to cook for about 2 hours, frequently skimming excess foam and grease from the surface. After cooking, strain the chicken stock through a fine strainer, wash the pot and return the strain stock to the pot.

Bring chicken stock to a boil then reduce the heat to medium low. You should have about 8 cups of stock, if not add water or reduce the stock to the desired quantity.

Beat the eggs with a whisk in a large bowl and add Parmesan and parsley. Just before serving, slowly pour egg mixture into the stock, stirring with a whisk. The faster you stir, the faster the pieces of egg will cook. Taste and adjust seasoning with lemon juice, salt and pepper. Serve in hot soup plates or hot Consommé cups.

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ONION BEEF BARLEY

For this beef barley soup recipe, we braise beef chuck until it is fork tender, then the barley and vegetables are cooked and finally, the ingredients are combined and seasoned to finish the soup.

You could also make this soup using beef short ribs the same way as this recipe for beef noodle soup. What's important, though, is to cook the barley separately. The beef needs to braise for quite a while and the barley would become too soggy if cooked for that long.



Level: Average
Preparation Time: 25 minutes
Cooking Time: 105 minutes
Total Time: 130 minutes
Serves: 8

Ingredients
1 tbsp vegetable oil
1 tbsp butter
1 pound beef stew meat, cut into ¼ inch size
1 inch sliced beef shank
1 large onion, chopped
3 celery stalks, chopped
2 carrots chopped
3 garlic cloves, chopped
4 cups water
4 cups beef stock
1 lb tomatoes cut into ¼ inch pieces
2 small bay leaves
1 tsp dry thyme
1 tsp dry basil
½ cup pearl barley
2 fresh corn kernels
1 cup frozen peas
1 tsp hot sauce
Salt and pepper

Preparation

Heat the oil and butter in large pot over medium-high heat. Add the stew meat and sauté until beef is dark brown for about 8 minutes. Transfer beef to a plate. Add onion, celery, carrot and garlic to the pot. Sauté the vegetables for about 5 minutes. Add the water, beef broth, tomatoes with juices, bay leaves, thyme and basil. Add the beef shank and bring to a boil on high heat. Reduce heat to medium-low and simmer uncovered until beef is almost tender for about 1 hour.

Add the barley and corn kernel and simmer until the beef is tender for about 30 minutes longer. Add the peas and seasoning to taste.

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BEEF CONSOMMÉ BRUNOISE

With all the aroma of the beef in a crystal clear broth, Consommé is great for the evening, and very easy to digest.



Level: Difficult
Preparation Time: 35 minutes
Cooking Time: 80 minutes
Total Time: 115 minutes
Serves: 8

Ingredients:
1 lb lean ground beef
1/3-cup onions
1 small carrot
1 branch of celery
1 green part of leek
6 eggs whites, about a cup
1 cup canned tomatoes
8 cups beef stock
½ tsp dry thyme
2 bay leaves
10 black peppercorns
1 bunch parsley stalks
6 inches square cheesecloth
Brunoise:
3 oz carrots, peeled and cut into Brunoise
3 oz white turnips, peeled and cut into Brunoise
3 oz celery branch, washed and cut into Brunoise
1.5 oz peas, blanched
3 oz green beans, blanched and sliced thin
8 cups beef stock

Preparation

Prepare the ingredients: Put the thyme, bay leaves, peppercorn and parsley together in the cheesecloth to make a spice bag. Peel, wash and chop or grind the vegetables. Thoroughly mix the beef, eggs whites, vegetables and tomatoes with half of the cold stock in a thick-bottomed pot. Add the remainder of the cold stock and the spice bag.

Cook the Beef Consommé: Place the pot over a gentle heat and slowly bring to a boil, stirring occasionally. Boil rapidly for about 5 seconds only. Lower the heat so that the Consommé simmers very gently. Cook for 1 hour without stirring. Do not break the raft or crust except in the centre to ladle the Consommé from time to time over it. Turn the heat off and let it rest for 30 minutes before straining. The Consommé will be clearer.

Strain carefully through a double cheesecloth. Remove all the fat using both sides of a square piece of a paper towel. Bring to a boil and serve with appropriate garnishes.

Chef Eric hints and tips: To clarify the stock, egg whites are stirred into the stock along with a mixture of lean meat, fish or vegetables and aromatic herbs to enrich its flavor. The mixture should be brought slowly to the boil. It must be stirred constantly during this time to keep the whites from sticking and burning on the bottom of the

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pan and then simmered. Once the mixture has come to the boil, the egg whites solidify into a soft crust on top of the stock and the mixture must not be stirred at all, as stirring would make it cloudy. Any fat and solid impurities in the stock attach themselves to the egg whites as the stock filters through and the stock below is left beautifully transparent.

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CHICKEN CONSOMMÉ ROYAL

All the aroma of the chicken in a crystal clear broth, Consommé, is great for the evening and very easy to digest. This crystal clear Consommé is garnished with a delicate dice of Royale custard.



Level: Difficult
Preparation Time: 40 minutes
Cooking Time: 120 minutes
Total Time: 160 minutes
Serves: 8

Ingredients for the Consommé
4 ounces lean ground chicken
1 cup yellow onion
1/4 cup leek
1/2 cup celery
1/2 cup peeled carrots
1 ripe tomato
1 tbsp chopped fresh thyme
1 tbsp chopped fresh tarragon
3 tbsp chopped fresh parsley
3 cloves garlic, peeled
Fresh ground black pepper
8 large egg whites, lightly beaten
3 quarts chicken stock
1 tbsp chopped chives, for garnish

Ingredients for the Royale garnish
3 egg yolks
1 whole egg
6 2/3 fl oz/ 200 ml of chicken stock
Salt and pinch of nutmeg

Preparation

Prepare the ingredients: In the meat grinder or a food processor, combine the ground meat with the onions, leeks, celery, carrots, thyme, tarragon, parsley, garlic, and black pepper. Process all on low speed, add the egg whites and stir well to blend.

Cook the Consommé: Place the stock in a large pot, and bring to a boil, stirring constantly to prevent the clarification from sticking to the bottom and the sides of the pot. (Once the stock has come to a boil, do not stir.) Reduce the heat, let it simmer and make a hole in the center of the clarification for the stock to circulate through and clarify. Simmer for 45 minutes.

Remove from the heat. Gently poke a hole in the raft large enough to fit a ladle. With a ladle, gently scoop out the Consommé into a clean pot or bowl. Strain through a layer of cheesecloth to finish clarifying.

Make the Royale: Whisk together the egg yolks and whole egg with the stock. Season with salt and nutmeg, strain and fill into some small buttered ramekin moulds. Then stand these in a saucepan with boiling water and cook in

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the oven from 12 to 15 minutes. Remove from the oven and cool. When it is cold, cut in slices or in fancy shapes and serve in the Consommé.

Strain the Consommé: Strain carefully through double cheesecloth. Remove all the fat using both sides of a square piece of paper towel.

Finish the Consommé: Serve the Consommé hot with desired garnish.

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CRANBERRY DUCK CONSOMMÉ

All the aroma of the duck in a crystal clear broth, Consommé is great for the evening and very easy to digest.



Level: Difficult
Preparation Time: 30 minutes
Cooking Time: 80 minutes
Total Time: 90 minutes
Serves: 6

Ingredients

4 oz. duck thigh meat
4 oz. onion
3 oz. carrot
3 oz. celery
2 oz. leek
1 tsp fresh thyme
8 basil leaves
1/4 bunch parsley stems
2 bay leaves
6 juniper berries
10 white peppercorns
3 quarts white duck stock, chilled
4 egg whites
4 cups cranberry juice, chilled
1 piece of cheesecloth and string

Garnish:
3 tbsp dry cranberries, blanched

Preparation

Prepare the ingredients: In a meat grinder or food processor, grind the first 8 ingredients. Add the egg whites and combine. Wrap bay leaves, juniper berries and peppercorns in the cheesecloth.

Cook the Consommé: Place cold stock and cranberry juice in the heavy-bottomed stockpot. Stir in clarification mixture. Heat it to simmering state. Simmer until raft forms to prevent the clarification from sticking to the bottom and sides of the pot. (Once the stock has come to a boil, stop stirring.) Reduce heat, let it simmer and make a hole in the center for the stock to circulate through and clarify. Simmer for 1 hour.

Remove from the heat. Gently poke a hole in the raft large enough to fit a ladle. Using a ladle, gently scoop out the Consommé into a clean pot or bowl. Strain through a layer of cheesecloth to finish clarifying.

Serve: Serve hot with few blanched dry cranberries. Alternatively, transfer Consommé to a shallow bowl or roasting pan and cool to room temperature. Refrigerate until thoroughly chilled. Cover with plastic wrap only when the Consommé is cool enough so that no condensation forms on the plastic.

Chef Eric Hints and Tips: To clarify the stock, egg whites are stirred into the stock along with a mixture of lean meat, fish or vegetables and aromatic herbs to enrich its flavor. The mixture is brought slowly to the boil and it

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must be stirred constantly during this time to keep the whites from sticking and burning at the bottom of the pan and then simmered. Once the mixture has come to the boil, the egg whites solidify into a soft crust on top of the stock and the mixture must not be stirred at all, as stirring would make it cloudy. Any fats and solid impurities in the stock will attach themselves to the egg whites as the stock filters through and the stock below is left beautifully transparent.

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DOUBLE FISH CONSOMMÉ

All the aroma of the fish in a crystal clear broth, Consommé is great for the evening and very easy to digest.



Level: Difficult
Preparation Time: 10 minutes
Cooking Time: 60 minutes
Total Time: 70 minutes
Serves: 8

Ingredients

9-1/4 oz. Pike flesh or other white fish
9-1/4 oz. Grouper flesh or other white fish
5 egg whites
1 white part of leek, washed
1 carrot peeled
2 oz. parsley stems
3 oz. dry white wine
8 cups fish stock

Preparation

Prepare the ingredients: Using a grinder machine, grind Pike flesh, Grouper flesh, leeks, carrot and parsley stems. Combine ground ingredients, egg white and wine in stock pot.

Cook the Consommé: Add cold fish stock. Bring to a simmering point. Stir until a raft begins to form, for about 45 minutes. Remove from the heat. Let it cool for ½ hour. Strain through cloth-lined sieve. Reserve warm. Adjust seasoning.

Chef Eric Hints and Tips: To clarify the stock, egg whites are stirred into the stock along with a mixture of lean meat, fish or vegetables and aromatic herbs to enrich its flavor. The mixture is brought slowly to the boil and it must be stirred constantly during this time to keep the whites from sticking and burning at the bottom of the pan. Simmer. Once the mixture has come to the boil, the egg whites solidify into a soft crust on top of the stock. At this point the mixture must not be stirred at all, as stirring would make it cloudy. Any fats and solid impurities in the stock will attach themselves to the egg whites as the stock filters through and the stock below is left beautifully transparent.

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CHICKEN NOODLE SOUP

This is a really effective and tasty way of using up any leftover chicken, and a fabulously warming soup suitable for any time of the year, but especially during cold winter months and when you are ill. The soup may be made ahead and refrigerated or frozen.



Difficulty Level: Simple
Preparation Time: 20 Min
Cooking Time: 2 Hours 30 Min
Total Time: 2 Hours 50 Min
Servings: 8

Ingredients
2 tablespoons butter vegetable oil
1 medium onion, chopped
2 medium carrots cut into small paysanne
2 celery ribs, cut into small paysanne
1 (4- to 5-pound) chicken
2 quarts chicken broth
1 quart cold water, or as needed
8 sprigs of fresh parsley
3 sprigs of fresh thyme or 1/2 teaspoon dried thyme
2 bay leaves
Salt and freshly ground black pepper
1 cups egg noodles
Chopped fresh parsley, for garnish
Salt and freshly ground pepper
1 lemon, freshly squeezed

Preparation
Heat the butter in a broth pot over medium heat. Add the onions, carrots, and celery and cook, stirring often, until softened, about 8 minutes.

Cut the chicken into 8 pieces. If there are any pads of yellow fat in the tail area, do not remove them. Add the chicken to the pot and pour in the broth. Add enough cold water to cover the ingredients by 2 inches. Bring to a boil over high heat, skimming off the foam that rises to the surface. Add the parsley, thyme, and bay leaf. Reduce the heat to low. Simmer, uncovered, until the chicken is very tender, about 2 hours, skimming regularly.

Remove the chicken from the pot and set aside until cool enough to handle. Remove and discard the parsley and thyme sprigs and bay leaf. Let stand 5 minutes and degrease the soup.

Discard the chicken skin and bones and cut the meat into bite-size pieces. Add the noodles and cook until done, about 10 minutes. Stir the meat back into the soup and season to taste with salt, pepper and the lemon juice. Serve hot.

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