Week 4

Soups of the world



Soups

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Week 4

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Today, the art of making healthy soups is completely neglected in certain countries like UK, USA and others. People seems to prefer ready canned concoctions with few natural ingredients to taking time and efforts of preparing a healthy and satisfying bowl of homemade soup. However, in every great cuisine of the world - French, Russian, Italian, etc., natural soups form an integral part of culinary art.

THE MOST FAMOUS SOUPS OF THE WORLD

Some soups of the following list are soups that we talk about previously. Indeed, they also belong to a soup category. For example, Gazpacho is a soup from Spain and it is also the most famous cold soup.

Name of the soup	Description
Ajiaco	A chicken, potato and corn soup from Colombia
Avgolemono	A Greek chicken soup with lemon and egg
Bajajou	A soup of Slovakian origin. Ingredients include boiled cow intestines, chicken egg, onion and rice.
Bird's nest soup	A delicacy in Chinese cuisine. A few species of swift, the cave swifts, are renowned for building the saliva nests used to produce the unique texture of this soup. When dissolved in water, the birds' nests have a gelatinous texture used for soup
Bisque	A thick, creamy, highly seasoned soup, classically of pureed crustaceans, of French origin.
Borsch	A beet vegetable soup originally from Ukraine and Russia.
Bouillabaisse	A fish soup from Marseille (Southern France), also made in other Mediterranean regions. In Catalonia it is called Bullebesa.
Bourou	A vegetable & pasta soup from the island of Corfu, Greece.
Caldo verde	A Portuguese minced cabbage soup.
Callaloo	A thick, creamy soup made with okra and often, crab meat from Trinidad and Tobago.
Canh chua (sour soup)	A Vietnamese dish made with rice, fish, and various vegetables and in some cases pineapple.
Canja de Galinha	A Portuguese soup of chicken, rice and lemon.
Clam chowder	Two major types, New England Clam Chowder, made with potatoes and cream and Manhattan Clam Chowder, made with a tomato base.
Cock	Leek and potato soup made with chicken stock, from Scotland
Cullen Skink	A fish soup made with Smoked Haddock, potatoes, onions and cream from Scotland.

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Egg drop soup	A savory Chinese soup made from adding already beaten eggs into boiling water or broth.
Etrog	A fruit soup made up from the citron used in Jewish Ritual.
Faki soupa	A Greek lentil soup, with carrots, olive oil, herbs and possibly tomato sauce or vinegar.
Fanesca	A traditional cod soup from Ecuador.
Fasolada	Traditional Greek bean soup.
Fufu and Egusi soup	A traditional soup from Nigeria made with vegetables, meat, fish, and balls of ground melon seed.
Gazpacho	(From Spain and Portugal) is a savory soup based with tomato.
Goulash	A Hungarian soup of beef, paprika and onion.
Gumbo	A traditional Creole soup from the Southern United States thickened with okra pods.
Halászlé or Fisherman's Soup	A very hot and spicy Hungarian river fish soup with a lot of hot paprika.
Íslensk Kjötsúpa	Traditional Icelandic meat soup made with lamb and vegetables.
Kharcho	A Georgian soup of lamb, rice, vegetables and a highly spiced broth.
Lagman	A traditional Uzbek soup of pasta, vegetables, ground lamb and numerous spices.
Lan Sikik	A Thai soup made with noodles, dried fish and tomato extract.
Leek soup	A simple soup made from leeks popular in Wales during Saint David's Day.
Lentil soup	A soup popular in the Middle East and the Mediterranean.
Maryland Crab Soup	A soup made of vegetables, blue crab and Old Bay Seasoning in a tomato base
Menudo	A traditional Mexican soup with tripe and hominy.
Michigan Bean soup	It has been a staple for over a hundred years in the U.S. Senate dining room.
Minestrone	An Italian vegetable soup.
Miso soup	A Japanese soup made from fish broth and fermented soy.

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Mulligatawny	An Anglo Indian curried soup.
Nässelsoppa	A Swedish soup made of stinging nettles, traditionally eaten with hardboiled egg halves. In Sweden, it's considered a spring delicacy. Internationally known as nettle soup.
Noodle soup	A very diverse collection.
Patsás	A Greek tripe soup.
Philadelphia Pepper Pot Soup	A Philadelphia specialty traditionally made with tripe.
Phở	A Vietnamese beef/chicken soup with scallion, Welsh onion, ginger, wild coriander, basil, cinnamon, star anise, cloves and black cardamom.
Psarosoupa	A Greek fish soup. There are various versions of it and could be made with a variety of fish types.
Revithia	A Greek chickpea soup.
Scotch broth	A broth with mutton and vegetables and thickened with barley.
Shchav	A sorrel soup in Polish, Russian and Yiddish cuisines.
She crab soup	From Charleston, South Carolina, a creamy soup made with blue crab meat and crab roe.
Snert	A thick pea soup, eaten in the Netherlands as a winter dish, traditionally served with sliced sausage. Also known as Erwtensoep.
Solyanka	A cabbage soup from Russia.
Tarator	A Bulgarian cold soup made from yogurt and cucumbers.
Tomato soup (pomidorowa)	Traditional Polish soup made of tomato concentrate.
Tarhana soup	From Turkish cuisine made with cracked wheat (or flour), yoghurt and vegetables fermented then dried.
Vichyssoise	A French style soup invented by a French chef at the Ritz Hotel in NYC. French cold purée soup with potatoes, leeks and cream.
Waterzooi	A Belgian fish soup (it is rather thick and is sometimes considered as a stew rather than as soup)
Żurek	A Polish sour rye soup with sausages often served in a bowl made of bread.

SPOTLIGHT ON SOME WORLD SOUPS

BOUILLABAISSE

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Bouillabaisse as a fish soup originates from the port city of Marseille and contains various types of vegetables, shellfish and cooked fish and is flavored with herbs and spices like orange peel, bay leaf, garlic, saffron, basil and fennel. Traditional Bouillabaisse is made of three different kinds of fish with Sea robin (Fr: Grondin), Scorpion fish (Fr: Racasse) and the European Conger (Fr: Congre). This fish soup can also include Turbot, Mullet, Silver hake (Fr: Merlan), Gilt-head bream (Fr: Dorade) and Monk fish (Fr: Lotte or Baudroie).

Bouillabaisse also includes other types of shellfish and seafoods such as Mussels (Fr: Moules), Spider crab (Fr: Araignees de mer), or octopus, Sea urchins (Fr: Oursins) or small crabs (Fr: Etrilles).

Other versions of the Bouillabaisse that are more expensive may include langoustine. The vegetables may include onions, leeks, celery, tomatoes and potatoes that are simmered together and served along with the fish. Traditionally the broth is served with a Rouille that is a Mayonnaise made of saffron, garlic, cayenne pepper and olive oil and is served on slices of grilled bread.

First the broth is served in a bowl that contains the bread and the Rouille in Marseille. The seafood and the vegetables are served in a separate bowl or platter.

CIOPPINO

Derived from different types of regional fish soups and stews from Italian cuisine, Cioppino is a fish stew. Traditional Cioppino is made from the catch of the day and according to the place of origin of the dish, it will typically comprise of shrimps, crab, scallops, clams, mussels, squid, fish, fresh tomatoes in a wine sauce and served over long pasta or spaghetti and toasted buttered bread either baguette or sourdough. Cioppino is very similar to Cacciucco and Brodetto from Italy, Suquet de peix from the Catalan speaking regions of coastal Spain and Bourride, Burrida and Bouillabaisse of the French Provence.

At first, it was cooked on the boat while still out at sea and later was incorporated as part of the staple food with the mushrooming of restaurants in San Francisco. Derived from a word in the Ligurian dialect of the port city of Genoa, ‘Ciuppin’ means ‘chopped’ or ‘to chop’ and is a description of making the stew with the different leftovers of the day’s catch being chopped up. The seafood is generally cooked in the broth and served in the shell.

CULLEN SKINK

Made of potatoes, onions and smoked haddock, Cullen Skink is a thick Scottish soup. As a local specialty, this soup is from the town of Cullen in Moray that is on the north-east coast of Scotland. At formal Scottish dinners, this soup is served as a starter.

As a very easy and quick soup to make, Cullen Skink features in various Scottish cookery books and innumerable menus throughout Scotland.

FANESCA

Tyically prepared during the Lenten period and served a week before Easter, Fanesca is a traditional soup from Ecuador. The preparation of the soup and its components vary according to various regions and from one family to another.

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As a rich soup, Fanesca contains the primary ingredients of twelve different kinds of grains representing the disciples of Jesus, salt cod that is cooked in milk due to the Christian religious rules of abstaining from meat during the Holy Week or the week before Easter, fig leaf, fava beans and pumpkin. It is normally garnished with herbs like parsley, hard boiled eggs, fried plantains and in some cases, empanandas.

Consumed during mid day, the preparation and eating of Fanesca is associated with a social and family function.

HALÁSZLÉ

The Halászlé is a fisherman's soup is a paprika based hot and spicy river fish soup. Originating from Hungarian cuisine, this soup as a meal is bright red in color with a large addition of paprika, mixed river fish and carp. The Halászlé fisherman's soup is typically prepared in the Danube and Tisza river regions and is characteristic of the cuisines of the Pannonian Plain.

As a famous soup, Halászlé is a hot favorite amongst tourists and locals throughout the year. The main secret of the soup is in the Court Bouillon. The soup base is prepared with fish trimmings such as skins, fins, bones, heads and fresh carp.

The trimmings are boiled with water, salt and vegetables like green peppers, tomatoes and red onions. The Court Bouillon is strained when it is ready. The roe, coral, two finger-thick carp fillets and hot ground paprika is added about ten minutes to the boiling soup before serving. White wine is the best accompaniment for Fisherman's Soup.

LAN SIKIK

Lan Sikik is a Thai soup that is made with tomato extract, noodle and dried fish.

Pôchouse actually means 'fisherman' according to the old dialect of Burgundy. Now the word applies to a fish and onion stew that is a regional specialty. Pôchouse is spelled differently on various menus across the region such as 'Pochouse' or 'Pauchouse'. Normally made from the fish of the Saône river, this stew also includes perch, eel, pike, carp and any other fish that is available. Pôchouse is from the Auxerre region in France.

PSAROSOUPA

Psarosoupa is a Greek fish soup broth that is thickened with lemon and eggs. This soup may also include various vegetables such as celery, parsley, onion and carrots and invariably contains sea fish, potatoes and rice.

Psarosoupa can be made with various types of fish like kakvia that is drizzled with big dollops of olive oil.

UKHA

Ukha or yxa is a Russian soup, and is a clear fish or salmon soup made from fish like cod or salmon, cinnamon, cloves, potato, lime, bay leaf, leek, parsley root, root vegetables, green parsley, dill and spiced with black pepper.

WATERZOOI

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As a classic stew, Waterzooi is of Flemish origin. In Dutch, it means, 'watery mess'. It is also called Gentse Waterzooi (in Dutch) that refers to Ghent, a city in Belgium.

Though today with chicken waterzooi (kippenwaterzooi) is more common, the original version is made with fish that can be freshwater or sea (viszooitje). One of the theories speculates that is due to pollution, the fish disappeared. The stew comprises of fish or chicken, vegetables such as leeks, carrots, potatoes, herbs, butter, cream and eggs.

Bass, eel, carp and pike are the typical fish that are used. Other fish can be used such as monkfish, cod or halibut. Gentse Waterzooi van Tarbot includes turbot and Gentse Waterzooi van Kip includes chicken.

Normally served as a soup with a baguette to sop or soak up the liquid, both the chicken and fish versions are based on cream thickened vegetable broth and egg yolk.

LOHIKEITTO

Lohikeitto is from Finland and is a soup that is made with potatoes or other root vegetables such as rutabaga, onions and carrots, salmon, dill and cream.

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RECIPES

OKINAWA ISLAND CLAM MISO SOUP

Miso soup is made of a fermented soybean paste used for broth. Freeze the ginger and thaw it before squeezing; that way, extracting the juice will be easy. Chilled sake goes well with the meal.



Difficulty Level: Normal
Preparation Time: 15 Min
Cooking Time: 20 Min
Total Time: 35 minutes
Servings: 6

Ingredients
1 teaspoon fresh ginger, peeled and grated
2 cups Dashi, see definition
2 cups water
18 small fresh clams, scrubbed
3 tablespoons sweet white miso (shiro-miso)
1 tablespoon red miso (aka-miso)
1tablespoon soy sauce
1 tablespoon of wakame seaweed
1 tablespoon of small pieces of tofu
1 small green onion, thinly sliced

Preparation

Combine the Dashi and the water in large pot over medium-high heat and bring to boil for five minutes. Add the clams, cover; simmer until clams open, about three minutes (discard clams that do not open). Remove from heat. Transfer clams to a bowl. Remove meat from shells; reserve meat and shells separately. Strain broth through a fine strainer and return the broth to the rinsed pot.

In a bowl, mix the sweet white miso (shiro-miso), the red miso (aka-miso) and the Soya sauce together. Bring the broth to a simmer. Add 1/4 cup broth to miso; stir until miso dissolves. Whisk miso into the broth in pot. Add grated ginger juice and keep warm over medium-low heat (do not boil).

Serve: Place 1 clam shell in each bowl. Place 3 pieces clam meat in each shell. Sprinkle around the wakame seaweed and tofu, ladle the broth over and garnish the top with the green onion. Serve immediately.

Definition: Used extensively in Japanese cooking, dashi is a soup stock made with dried bonito tuna flakes and water. Dashi-no-moto is this stock in instant form; it comes granulated, powdered and in a concentrate. It should be available at your local Japanese food store.

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TOM KA GAI

This aromatic traditional soup is rich with coconut milk and intensely flavored with galangal, lemon grass and kaffir lime leaves.



Difficulty Level: Normal
Preparation Time: 20 Min
Cooking Time: 30 Min
Total Time: 50 minutes
Servings: 6 to 8

Ingredients
4 lemon stalks, roots trimmed
2 x 14 fl oz cans coconut milk
3 cups chicken stock
1 inch piece fresh galangal, peeled and finely sliced
12 black peppercorns, crushed
15 kaffir lime leaves, torn
11 oz skinless, boneless chicken breast, cut into thin strips
6 oz button white mushrooms, halved and sliced
4 oz baby corn cobs, quartered lengthways
4 tablespoons lime juice
3 tablespoons Thai fish sauce
To garnish:
2 to 3 red chillies, seeded and finely chopped
½ cup of green onions, finely sliced
¼ cup of fresh coriander leaves

Preparation

Cut off the lower 2 inches from each lemon grass stalk and chop it finely. Bruise the remaining pieces of stalk, by crushing them lengthwise with a pestle. Bring the coconut milk and chicken stock to a boil in a large pan over medium heat. Add the chopped and bruised lemon grass, the galangal, peppercorns and half the kaffir lime leaves, reduce the heat to low and simmer gently for 10 minutes.

Strain the soup into a clean pan. Return the soup to a low heat, and then stir in the chicken strips, mushrooms and corn. Simmer gently, stirring occasionally, for 5 to 7 minutes, or until the chicken is cooked.

Stir in the lime juice and fish sauce, and then add the remaining lime leaves. Ladle into warm bowls and serve, garnished with chopped chillies, spring onions and coriander leaves.

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BORSCH

Borsch is one of the most popular dishes in Russia. It appeared at the end of the 18th century, and its main ingredients can include red beets, broth made from meat or fish, mushrooms, cabbage, onions, carrots and smoked sausages. It is often garnished with parsley, dill, red wine vinegar and served with sour cream.



Difficulty Level: Simple
Preparation Time: 30 Min
Cooking Time: 1 Hour 15 Min
Total Time: 1 Hour 45 Min
Servings: 6

Ingredients:
1 lb red beet, peeled and shredded
2 large carrots (10 oz), peeled and sliced
2 turnips (8 oz), peeled and cubed
2 medium onions (14 oz), finely diced
½ lb white or green cabbage, finely sliced
1 lb of beef, cut into small bite sizes
2 tablespoons butter
10 cups of meat bouillon
4 tablespoons red wine vinegar
3 bay leaves
1 teaspoon caraway seeds, wrapped in cheesecloth
1 teaspoon sugar
Salt and black pepper
1 bunch of parsley and dill
1/2 cup sour cream

Preparation

Wash the vegetables and cut them into small pieces; cut the beef into small bite-sized chunks. Melt the butter in a large saucepan, add the meat, carrots, turnip and onions and braise for ten minutes; until the meat has browned and the vegetables are done. Add the red beet, bouillon, vinegar, bay leaves, caraway seeds and sugar with a pinch of salt and pepper. Stir thoroughly, then cover and simmer for 45 minutes.

Wash the parsley and dill and tie in a bouquet. Reserve some small sprigs to garnish. Place in the saucepan with the cabbage and cook for a further thirty minutes. Skim off the foam and stir from time to time; keep simmering. Remove the bouquet of herbs, caraway seeds and bay leaves. Stir well and serve with sour cream and a sprig of fresh herb.

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