

Examine Types of Soups

Unit: Preparing Foods

Problem Area: Stocks, Sauces and Soups

Lesson: Examine Types of Soups

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Explain the classifications and primary types of soup.**
- 2 Categorize soups into types.**

- **Resources.** The following resources may be useful in teaching this lesson:

Culinary Institute of America. *The New Book of Soups*, 2nd ed. Lebharr-Friedman, 2009.

Mayhew, Debra. *The Soup Bible*. Southwater, 2010.

"Soup," *Foodnetwork.com*. Accessed July 28, 2010.

<<http://www.foodnetwork.com/topics/soup/index.html>>.

"Soup Recipes," *The Soup Recipe Site*. Accessed July 28, 2010.

<<http://the-soup-recipe-site.com/pages/types-of-soup.php>>.

Wright, Clifford A. *Best Soups in the World*. Wiley, 2009.



■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials
- ✓ Prepared soup varieties, canned, packaged or made ahead varieties of broth soup, cream soup, pureed soup, bisque and chowder.
- ✓ Small tasting cups, disposable spoons, napkins
- ✓ Bowls or pans for heating soup
- ✓ Microwave or stovetop
- ✓ An in-class demonstration or video of soup preparation via a presentation TV or projector and screen would be useful.

■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- bisque
- borscht
- bouillabaisse
- broth
- chowder
- cioppino
- clarification
- clear soup
- consommé
- cream soups
- gazpacho
- Manhattan chowder
- minestrone
- New England chowder
- purée soups
- reduce
- roux
- soup
- stew
- stock
- thick soup
- vichyssoise

- **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

If possible, offer tastes of various soups to start this lesson. The tasting could be readied easily using a variety of canned or soup-mix products prepared according to package directions. Do not let students know the specific soups you are providing.

During the tasting, ask students generic questions about which soups they like and which ones they don't. Ask students if they can identify the soups by name; they may or may not be able to do this based on the selected soups. Ask students to verbally describe the soups in terms of flavors, textures, and types.

The students may well be able to describe textures, but types will lead them into areas where the vocabulary is inaccurate. Use this opportunity to begin the lesson and identify the five major types of soup: broths, bisques, chowders, creams, and purées.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Explain the classifications and primary types of soup.

Anticipated Problem: What are the classifications and primary types of soup?

- I. Classifications and primary types of soup
 - A. **Soup** (from the Latin *suppa*) is a liquid food in which all forms and combinations of vegetables, meats, fish, cereals (pasta), fowl, and fruits are cooked. Water or stock (usually chicken or beef) is the basis of most soup cookery. Soups are popular worldwide. Each culture and country has a word for soup and a national favorite. Some examples are:
 1. France—potages or soups: pot-au-feu (beef stew; literally pot on the fire) and bouillabaisse
 2. Italy—zuppe or brodi: minestrone
 3. Russia—cyn: borscht (hot or cold)
 4. Mexico—sopas: sopa Azteca (tortilla soup)
 5. Spain—sopas: olla podrida (a hodge podge stew)
 6. England—soup: oxtail soup
 7. United States—soup: black bean, chowder, and gumbo

8. Scandinavia—soppa: fruit soups and sweet soup (dried fruits)
- B. Classifications: clear or thick
1. **Clear soup** is a consommé, a broth, or a bouillon. They may be hot, cold, liquid, or jellied and are usually served at the beginning of a rich and heavy dinner menu. Clear soups are often transparent in contrast to thickened soups, most of which are opaque.
 - a. Consommé is a clarified bouillon or stock reduced to increase its richness. Sometimes it is enriched with chopped lean meats, diced vegetables, or diced egg whites.
 - b. Broth is a thin or unclarified soup that is lighter than consommé or clarified soups. It contains the nutrients from meat, bones, vegetables, and cereals.
 - c. Bouillon is a French term that originally described the liquid in the stockpot (consommé blanc to distinguish it from a clarified consommé). Today it is used as an interchangeable term for broth and stock. This does not imply that overly salty bouillon cubes may be interchanged with stock or broth.
 2. **Thick soup** is a soup that uses milk, cream, roux, grated potatoes, bread, etc. to change the soup's consistency. Following the act of thickening, ingredients are often creamed, puréed, or served as a chunky stew. Typically, a consumer is unable to see through to the bottom of the cup or bowl in thick soup. Thick soups may be the main course of a dinner menu.
- C. Primary types are clear. For example, **broth** is a watery soup and is derived from a clarified stock. It is never thickened and uses no cream or milk enrichment. Broth can be served as is with no accompaniments, but it is commonly the basis for soups to which beans, vegetables, meats, noodles, or rice will be added. Broth-based and consommé soups are generally clear, not opaque. Broths may be served hot, cold, or jellied.
1. **Stock** is a flavorful liquid derived from a long, slow simmering of bones, intense herbs, and/or aromatic vegetables (e.g., carrots, celery, or onions). Then the stock is strained, and the fat is removed.
 - a. Stock can be made in almost any flavor.
 - b. Most soups are based on stock, though water can be used if stock is not available.
 - c. The creation of a good broth is always based on using a good stock.
 - d. Stock is rarely salted, as it is seldom used in its original form.
 2. To **reduce** a stock is to simmer or boil it to decrease its volume, especially when it is desirable to intensify the flavor. The reduction of a stock is a key step in the preparation of a good broth or consommé.
- D. Primary types: thick
1. **Bisque** is a lightly thickened soup usually derived from a shellfish base. Shellfish are specific types of seafood that have hard outer shells (skeletons), such as crab, lobster, or shrimp. Shellfish-based types are the most common, but bisques can be based on other fish (e.g., swordfish or salmon). Bisques can

be time intensive tasks in that the cooked shells must be pulverized and their unique color extracted for the soup.

- a. Bisques are almost always thickened with **roux** (rü)—a mixture of equal weights of fat (typically butter) and flour cooked over low heat. Slow cooking, with continuous stirring, is important to blend and heighten the flavors and to expand the starch in the flour gradually. A white roux is a good choice for bisques and is cooked for 4 to 5 minutes. The roux does not darken in color and is whisked into the liquid soup, making it thick and opaque. A person cannot see the bottom of the bowl of an opaque soup; it is not a clear liquid.
 - b. Bisques are generally smooth and creamy. They typically have milk or cream enrichment. In addition, they rarely include chunks or pieces of seafood or vegetables.
 2. **Chowder** is a hearty soup that usually includes chunks of potatoes and may be red (based on tomatoes) or white (based on milk or cream). The red version is more broth based and thickens slightly from the starch in the potatoes. The white version is usually thickened with roux and is the heavier and richer version. Chowders typically include shellfish or seafood, but vegetables or other primary meat flavors are also common.
 3. **Cream soups** are rich soups typically based on milk and/or cream enrichment and are lightly thickened with a roux. Cream soups may include some stock for additional flavor, and they will commonly include pieces of meat, seafood, and/or vegetables.
 4. **Purée soups** (mixtures that are pressed, pounded, mashed, and sieved or strained to create a thickened liquid) are soups that may be “creamy” in texture without the addition of milk or cream. These soups rely on and are based on well-cooked vegetables, beans, meats, and/or seafood processed as a purée.
 - a. When fully cooked, the mixture is puréed or blended—often with the assistance of a food mill, electric blender, food processor, immersion blender, or another device.
 - b. The inherent starch and fiber in the vegetables or beans naturally thickens the puréed soup.
 - c. If the soup is primarily based on meats, seafood, or non-starchy vegetables, a thickening agent (e.g., a roux) may be added.
- E. Thickeners for soup
1. Roux
 - a. White roux is removed from the heat before it begins to brown, usually 3 to 5 minutes.
 - b. Blond roux is cooked until it gives off a nut-like aroma and begins to turn an ivory color, about 6 to 7 minutes.
 - c. Brown roux, often associated with Creole and Cajun cooking, is cooked from 15 to 20 minutes or longer, until it is dark brown and has a strong and nutty aroma.

2. Beaten egg yolks are warmed with a bit of the soup (below the boiling point) before they are added to the mixture.
3. Riced hard-cooked egg yolks may be added at the last minute to non-boiling soup.
4. Raw grated potato may be added during the last 15 minutes of cooking to thicken a soup.
5. Torn bread or breadcrumbs may be added near the end of the cooking time to thicken a hearty soup.
6. Pureed vegetables may be added near the end of the cooking time to further thicken a soup.

F. Removing fat

1. The soup can be chilled to solidify the fat, so it can be removed with a spoon. This process usually is accomplished on the first attempt and does not need to be repeated.
2. Skimming is accomplished by lifting warm fat from the simmering soup surface using a flat metal spoon. This task would need to be repeated until most of the fat is removed.
3. Degreasing is accomplished by floating a paper towel on top of simmering soup and allowing the fat to be absorbed or rolling up a paper towel and using one end to absorb the fat. This task would need to be repeated until most of the fat is removed.

G. Tools and equipment

1. A food processor is an electric countertop appliance with a motor shaft attached to a base; a deep work bowl with a locking cover; an oval chimney through which food is added; a pusher for the feed tube; a double-bladed knife; and several discs for slicing, shredding, and grating.
2. A mandolin is a French countertop tool with a knife fitted into a piece of wood or metal used to rapidly slice vegetables.
3. A food mill is a hand-cranked sieve that separates pulp, skin, and seeds as it purées. The advantage of a food mill is that it does not liquefy the food as a blender or food processor may.
4. A blender is a jar (glass or metal) that holds food to be puréed or liquefied. It is mounted on a metal base fitted with a knife.
5. An immersion blender is a small handheld blender that is immersed in the soup to create a partially puréed mixture.

H. Garnishing and serving soups

1. Soups are garnished with a variety of food items, including:
 - a. Croutons or garlic toasts
 - b. Fresh herbs (e.g., basil, cilantro, parsley, thyme, or rosemary)
 - c. Chives or finely diced onion
 - d. Vegetables
 - e. Fruits

- f. Bacon or other finely diced meats
- g. Smaller shellfish
- 2. Soup service is usually quite straightforward.
 - a. Hot soups are served hot in heated cups, ramekins, bowls, lidded bowls, or tureens.
 - b. Cold soups are served chilled in chilled cups, ramekins, bowls, lidded bowls, or tureens.

Teaching Strategy: Use VM-A to review a sampling of world famous soups and the various terms for soup. Use VM-B and VM-C to review the two main classifications of soup and each category's primary types.

Objective 2: Categorize soup into types.

Anticipated Problem: What soups are categorized into each primary type of soup?

II. Primary types of soups and examples

- A. Broth-based clear soups have endless options. The most important type is **consommé**—a classic, rich, clarified, and transparent broth with a base of chicken, veal, or beef stock that serves as the basis for most clear soups. Consommé is usually served as a pure and transparent broth with minimal garnishment. It can be served hot or cold, and sometimes it is jellied. In some cases, lean meat, diced vegetables, and/or diced egg whites are added to a consommé. The act of **clarification** (the removal of all impurities and floating bits of flesh, skin, fat, and scum from the broth or stock) is an essential element in preparing a consommé. Examples of broth-based soups, in addition to the hundreds of consommés, are:
 - 1. Simple classics—chicken noodle, beef vegetable, and lemon rice, along with all the endless variations on these soups
 - 2. Jewish matzo ball soup—a chicken soup with a matzo meal dumpling
 - 3. Italian **minestrone**—a classic vegetable and pasta soup
 - 4. French onion—a classic combination of veal consommé with simmered onions, topped with a crouton and cheese
 - 5. Chinese egg drop—a chicken broth soup with miniscule strands of scrambled egg
 - 6. Two classic seafood broth-based soups come from Spain and France; they are quite similar.
 - a. **Cioppino** (pronounced chuh-PEE-no) is an Italian-inspired (or Italian-American) tomato broth and fish stock-based soup, filled with chunks of various seafood, including mussels. Cioppino was popularized by a group of Italian chefs working in San Francisco.
 - b. French **bouillabaisse** is a saffron-flavored fish dish served in two parts: broth (water and white wine, garlic, parsley, saffron, pepper, bay leaf, oil,

and tomatoes) and numerous Mediterranean fish. According to Larousse Gastronomique, the true complement of fish for a Marseille bouillabaisse are racasse, chapon, saint-pierre, congereel, lophius, red mullet, rouquier, whiting, sea-perch, spiny lobster, crabs, and other shellfish. The dining patrons then concoct the proportions of the soup to their taste. In the United States, chefs can attempt to mimic the shellfish and fish of the Mediterranean Sea and substitute because most of the fish named above are unavailable in this country. For a gourmet, the place to taste bouillabaisse is in Marseille, France.

- c. Some consider these two fish-based dishes, especially bouillabaisse, to be stews rather than soups because they are so hearty. **Stew** tends to be a thickened soup (and these are not) that is extremely generous in additional ingredients, particularly protein ingredients (e.g., fish, chicken, or red meat). Thick or thin, stews will always have sufficient protein elements to consider a serving a meal rather than a first course.
- B. Bisques are typically orange to pinkish in color due to the color of the pulverized seafood shells used to produce the broth. Regardless of the main ingredient, bisques will include stock and cream and may have a tomato base occasionally. Examples are:
1. Lobster bisque
 2. Crab bisque
 3. Shrimp bisque
 4. Celery root bisque
- C. Chowders are uniquely American in nature. A “rule of thumb” is that these thickened, hearty soups contain chunks of potatoes.
1. Clam chowders are the most famous and come in two primary versions: New England and Manhattan. **New England chowder** is the white creamy version of chowder. **Manhattan chowder** is chowder that has a tomato broth base. Both are rich in clams, chunks of potatoes, and vegetables. Like all chowders, they include some stock. Other popular chowders are:
 - a. Corn
 - b. Potato
 - c. Chicken
 - d. Butternut squash
 - e. Lamb and lima bean
 - f. Seafood
 2. Gumbo (or gombo) is a soup thickened with okra and generally has a Cajun or Creole bevy of spices. Although gumbo is a uniquely American soup dish, the term gumbo is a derivation of the African term for okra. Gumbo is thickened in three ways: with okra, with filé powder (ground sassafras leaves), or with a brown roux. It is often served with white rice for balance. Examples of gumbo dishes are:
 - a. Andouille (a smoked sausage of pork and garlic)

- b. Shrimp
 - c. Crab
 - d. Chicken
 - e. Crawfish
 - f. Duck
- D. Cream soups have few guidelines other than being based on thickened cream (or milk). From that point, the flavoring is limitless. Aside from beef and pork, almost any vegetable or protein food may be used to create a cream soup.
 - 1. Cream of broccoli
 - 2. Cream of cauliflower
 - 3. Cream of asparagus
 - 4. Cream of mushroom
 - 5. Cream of celery
 - 6. Cream of chicken
- E. Puréed soups are commonly mistaken for cream soups because they are typically creamy. However, they are an unrelated type, as most purées do not add cream or milk.
 - 1. Common puréed soups
 - a. Split pea
 - b. Lentil
 - c. Pumpkin
 - d. Butternut squash
 - 2. Classic puréed soups from other countries
 - a. Russian **borscht** is a cold beet soup.
 - b. French **vichyssoise** is a cold potato and leek soup.
 - c. Spanish **gazpacho** is a cold tomato and cucumber soup.
- F. Though most people assume soup would be served hot, the examples of pureed soups illustrate that some are served cold. Aside from the famous cold soups noted above, others based on pureed fruits are:
 - 1. Chilled orange or lime soups
 - 2. Chilled strawberry soup
 - 3. Sweet soup (from Scandinavia)
 - 4. Chilled melon soup
 - 5. Chilled avocado and cucumber soup

Teaching Strategy: *In addition to lecture, demonstration, and/or soup preparation videos, use VM–D through VM–G to review clear, thick, and cold soups. Then assign LS–A.*

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. Questions at the ends of chapters in the textbook may also be used in the review/summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ **Answers to Sample Test:**

Part One: Matching

1. d
2. c
3. i
4. j
5. a
6. h
7. b
8. e
9. g
10. f

Part Two: True/False

1. F
2. T
3. F
4. F
5. F
6. F
7. T
8. T
9. T
10. T

Part Three: Completion

1. chill

2. fat (butter) and flour
3. shellfish
4. starch and/or fiber
5. cioppino
6. starch
7. gazpacho
8. cold
9. borscht
10. purée

Examine Types of Soups

► Part One: Matching

Instructions: Match the term with the correct definition.

- | | |
|----------------|------------------|
| a. clear soup | g. purée soups |
| b. thick soup | h. soup |
| c. broth | i. stock |
| d. bisque | j. clarification |
| e. chowder | |
| f. cream soups | |

- _____ 1. A lightly thickened soup usually derived from a shellfish base
- _____ 2. A watery soup derived from a clarified stock
- _____ 3. A flavorful liquid derived from a long, slow simmering of bones, intense herbs, and/or aromatic vegetables
- _____ 4. The removal of all impurities and floating bits of flesh, skin, fat, and scum
- _____ 5. A consommé, a broth, or a bouillon
- _____ 6. A liquid food in which all forms and combinations of vegetables, meats, fish, cereals (pasta), fowl, and fruits are cooked
- _____ 7. A soup that uses milk, cream, roux, grated potatoes, or bread to change the consistency
- _____ 8. A hearty soup that usually includes chunks of potatoes and may be red or white
- _____ 9. Mixtures that are pressed, pounded, mashed, and sieved or strained to create a thickened liquid
- _____ 10. Rich soups typically based on milk and/or cream enrichment and lightly thickened with a roux



► Part Two: True/False

Instructions: Write *T* for true or *F* for false.

- _____ 1. Chicken noodle soup is considered chowder.
- _____ 2. Cream soups are often thickened with roux.
- _____ 3. Cream of celery is a puréed soup.
- _____ 4. Bisque soups always have chunks of potato.
- _____ 5. Manhattan chowder is thick, creamy, and white.
- _____ 6. Soups should never be served cold.
- _____ 7. Most chowder contains potatoes.
- _____ 8. Consommé is a clarified broth.
- _____ 9. Vichyssoise is a cold leek and potato soup.
- _____ 10. Chowder and gumbo are two uniquely American soups.

► Part Three: Completion

Instructions: Provide the word or words to complete the following statements.

1. The easiest way to remove fat from soup is to _____ the soup to solidify the fat, and then remove it with a spoon.
2. Roux is made from equal parts of _____ and _____.
3. Most bisques are created from a base of _____ that provide the pink to orange color.
4. Most puréed vegetable soups are thickened from the _____ in the vegetable being processed.
5. French bouillabaisse is a broth-based fish soup similar to the Italian-American favorite called _____.
6. Slow cooking, with continuous stirring, of a roux is important to blend and heighten the flavors and to expand the _____ in the flour gradually.
7. A famous Spanish cold soup containing cucumbers and tomatoes is _____.
8. One thing fruit soups have in common is that they are served _____.
9. Usually served cold, _____ is a beet soup from Russia.
10. Although cold soups could be categorized in more than one type, most are a _____-type of soup.

WORLD FAMOUS SOUPS

Country	Term	Native Examples
France	potages or soupes	pot-au-feu (beef stew; literally “pot on the fire”); bouillabaisse
Italy	zuppe	minestrone
Russia	cyn	borscht (hot or cold beet soup)
Mexico	sopas	sopa Azteca (tortilla soup)
Spain	sopas	olla podrida (stew); gazpacho (cold vegetable soup)
England	soup	oxtail soup
United States	soup	black bean, chowder, and gumbo
Scandinavia	soppa	fruit soups and sweet soup (dried fruits)



Cold Spanish gazpacho with cucumber, onion, and tomatoes



Chicken gumbo with rice, sausage, peppers, onions, carrots, and tomatoes

TWO SOUP CLASSIFICATIONS: CLEAR AND THICK

Clear Soups:

- ◆ Broth

Thick Soups:

- ◆ Bisques
- ◆ Chowders and gumbos
- ◆ Creams
- ◆ Purées



EXAMPLES OF SOUPS BY PRIMARY TYPES

<u>Broth</u> <ul style="list-style-type: none"> ◆ Chicken noodle ◆ Matzo ball ◆ Minestrone ◆ Consommé ◆ Beef vegetable ◆ Bouillabaisse stew 	<u>Bisque</u> <ul style="list-style-type: none"> ◆ Lobster ◆ Shrimp ◆ Crab ◆ Tomato ◆ Celery root
<u>Chowder & Gumbo</u> <ul style="list-style-type: none"> ◆ Corn ◆ New England clam ◆ Manhattan clam ◆ Chicken ◆ Andouille sausage gumbo 	<u>Cream</u> <ul style="list-style-type: none"> ◆ Chicken ◆ Broccoli ◆ Celery ◆ Potato ◆ Asparagus
<u>Puréed</u> <ul style="list-style-type: none"> ◆ Split pea ◆ Potato leek ◆ Lentil ◆ Pumpkin ◆ Cauliflower 	<u>Cold Puréed</u> <ul style="list-style-type: none"> ◆ Citrus ◆ Gazpacho ◆ Vichyssoise ◆ Borscht ◆ Strawberry

PRIMARY TYPES OF CLEAR SOUPS: BROTHS AND CONSOMMÉS



Chicken noodle soup with parsley garnish



Hearty beef stew

PRIMARY TYPES OF THICK SOUPS: BISQUES, CHOWDERS, AND GUMBOS

Bisques



Celery root bisque with fresh celery leaf garnish

Chowders & Gumbos



New England clam chowder

PRIMARY TYPES OF THICK SOUPS: CREAMS AND PURÉES

Creams



Cream of asparagus soup with asparagus spears

Purées



Pumpkin soup with croutons and a crème fraîche and parsley garnish

COLD SOUPS



Chilled strawberry soup with fresh strawberry garnish



Chilled cucumber soup with crab garnish

NOTE: Many cold soups are a type of purée.

Identify Types of Soup

Purpose

The purpose of this activity is to practice identifying the type of soup based on given ingredients and minimal recipe information.

Objectives

1. Identify the type of soup by assessing the given information.
2. Accurately define terms.

Materials

- ◆ lab sheet
- ◆ writing utensil

Procedure

1. Read each statement. Determine which of the five primary types of soup each describes. Use your knowledge of vocabulary terms from the lesson to select the correct answer from the Word Bank.
2. Write your answer to each statement in the space provided.

Word Bank

Broth

Bisque

Chowder

Cream

Purée

- a. Prepared by thickening milk with roux and adding chicken and/or vegetables and chunks of potatoes _____
- b. A transparent soup _____
- c. May be prepared in a blender or in a food processor _____



- d. The basis for beef vegetable soup _____
 - e. Smooth, creamy soup often made from a base of lobster or other shellfish

 - f. Comprised of stock, small pieces of chicken and vegetables as well as rice or noodles

 - g. Thickened milk or cream with small pieces of broccoli or asparagus

 - h. Manhattan or New England are examples _____
 - i. Borscht and split pea soup are two types _____
 - j. Consommé _____
 - k. Usually a pinkish/orange due to its primary ingredient _____
3. Participate in a discussion of the answers to each soup statement.
4. Turn in your completed lab sheet to your instructor.

Identify Types of Soup

- a. Chowder
- b. Broth
- c. Purée
- d. Broth
- e. Bisque
- f. Broth
- g. Cream
- h. Chowder
- i. Purée
- j. Broth
- k. Bisque