

FOOD NUTRITION AND HEALTH

Topic: Soups

Group Level: Form Four/Form Five

Instructions:

1. Read the information provided on the topic.
2. Review what you have learned by completing the worksheet.
3. Use the answer key to assess your performance.

Objectives:

- What is a soup?
- What is the aim of soup making?
- Why are soups included in a meal?
- What are the qualities of a well-made soup?
- Tips to remember when preparing soups!
- Types of soups!
- Thickening agents used in soup making!
- Suitable garnishes for soup!
- Appropriate accompaniments for soups!
- Serving soups!

What is a soup?

A soup is a well-seasoned liquid derived from meat, poultry, fish, pulses and or vegetables. It is often served at the start of a meal in order to stimulate the flow of digestive juices.

What is the aim of soup making?

The aim of soup making is to draw out into the liquid the maximum amount of flavour and food value from the solid ingredients.

Why are soups included in a meal?

Soups are included in meals for the following reasons:

- As an appetizer
- As a main dish
- To provide a hot meal in cold weather
- To provide flavour and energy
- Suitable for convalescent persons
- To use up leftover foods by creating a new meal
- To add variety to a meal

What are the qualities of a well-made soup?

A well-made soup should have the following qualities:

- Good flavour and colour
- Non-greasy
- Well-seasoned
- Finely chopped ingredients that are easy to fit on a spoon
- No lumps, if it is a smooth soup

Tips to remember when preparing soups!

- Always wash your hands before starting a practical.
- Wear a clean apron, head tie and remove all jewellery.
- Remove all nail polish and ensure fingernails are short.
- Clean and sanitize countertops.
- Cut ingredients evenly to expose maximum surface area, enable flavour extraction and to ensure even cooking.
- If for some reason the soup is too thick, add more stock or cream.
- If the soup boils over, wipe up spills immediately and turn down heat.
- Egg shells can be used as a clarifying agent in soup making.

Types of soups!

Various types of soups are identified and classified into the following:

Specialty (international soups)

Thin or Clear Soups

- **Broth:** a simple clear soup containing small pieces of vegetables, and or meat, poultry and fish.
- **Consommé:** a thin clear soup, garnished with tiny bits of vegetables.

Thickened

- **Bisques: thickened** fish soups that are strained and then thickened with **corn-starch** or **flour** at the end of cooking.
- **Main dish or bouillon:** soup with added peas, beans, meat or poultry, vegetables, pasta, dumplings etc.

Cream

- These usually have a puree base and hot **milk** or **cream** is added just before serving. A white or brown sauce may also be added to thicken the soup.

Thick (puree)

- Made from meat, pulses or vegetables that are cooked until very tender, then rubbed through a sieve or pureed in a blender (liquidizer).

Miscellaneous (e.g. cold soup)

Thickening Agents used in soup-making!

- Corn-starch
- Arrowroot
- Roux
- Flour
- Milk
- Cream
- Egg protein

Suitable garnishes for soup!

Soups may be garnished with:

- Chopped chives
- Chopped parsley
- Sliced toasted almonds
- Sieved egg yolks
- Paprika
- Lightly whipped cream (for creamed soups)
- Croutons of toast or fried bread
- Tiny pieces of meat

For consommés

- Grated cheese
- Very small vermicelli
- Bits of vegetables e.g. brunoise and julienne strips

Appropriate accompaniments for soups!

Soups can be served with:

- Bread sticks or rolls
- Corn chips
- Cheese straws
- Whole grain wafers
- Profiteroles
- Melba toast
- Slices of bread with grilled cheese on top

Serving Soups!

- Serve soup while it is still very hot.
- A soup tureen is the crockery used for serving.
- Serve in appropriate soup bowls, plates or cups.
- Serve with suitable garnish and accompaniment.
- Main course portion: 10 to 12 ozs (300- 350 ml).
- Appetizer portion: 6 to 8 ozs (200 -250 ml).

Worksheet

45 mins

Answer all questions

1. What is a soup? (2 marks)

2. What is the aim of soup-making? (2 marks)

3. Name four types of soups: (4 marks)

4. Identify three qualities of a well-made soup. (3 marks)

5. List three reasons for including soups in meals. (3 marks)

6. Differentiate between broth and consommés. (2 marks)

7. What are the standard portion sizes for serving soup as

a. Main course portion

(1 marks)

b. Appetizer portion

(1 marks)

8. What is the name of the crockery used for serving soup?

(1 mark)

9. Name a clarifying agent used in soup-making.

(1 mark)

10. Name four thickening agents used in soup making.

(4 marks)

11. What are four accompaniments that can be served with soups?

(4 marks)

12. Give an appropriate garnish for the following:

a). Consommé soup _____

b). Thick soup _____

(2 marks)

TOTAL 30 marks

Answer Key

1. What is a soup?

A soup is a well- seasoned liquid derived from meat, poultry, fish and vegetables. It is often served at the start of a meal in order to stimulate the flow of digestive juices.

(2 marks)

2. What is the aim of soup-making?

The aim of soup-making is to draw out into the liquid the maximum amount of flavour and food value from the solid ingredients.

(2 marks)

3. Name four types of soups:

Specialty (international), Thickened, Thin, Thick (puree), Miscellaneous (e.g. cold soup), Cream.

(1 mark each for any four types = 4 marks)

4. Identify three qualities of a well-made soup.

- Good Flavour and Colour
- Non-greasy
- Well-seasoned
- Finely chopped ingredients that are easy to fit on a spoon
- No lumps, if it is a smooth soup

(1 mark each for any three qualities = 3 marks)

5. List three reasons for including soups in meals.

- To add variety to a meal
- To provide a hot meal in cold weather.
- Suitable for convalescent persons.
- Served as an appetizer
- To use up left over foods by creating a new meal
- To provide a different flavour

(1 mark each for any three reasons =3 marks)

6. Differentiate between broth and consommés.

A broth is a simple clear soup containing small pieces of meat and vegetables whereas a consommé is a rich, flavourful broth that is clear and transparent.

(2 marks)

7. What are the standard portion sizes for serving soup as-

(i) Main course portion

10 to 12 oz. (300 to 350 ml)

(1 marks)

(ii) Appetizer portion

6 to 8 oz (200 to 250 ml)

(1 marks)

8. What is the name of the crockery used for serving soup?

A soup tureen

(1 mark)

9. Name a clarifying agent used in soup-making.

Egg Shells

(1 mark)

10. Name 4 (four) thickening agents used in soup making.

Corn starch, Milk, Cream, Flour, Milk, Cream, Egg protein

(1 mark each for any four agents =4 marks)

11. What are four accompaniments that can be served with soups?

Melba toast, Breadsticks, Corn chips, Cheese straws, profiteroles, Whole-grain wafers, Slice of bread with grilled cheese

(1 mark for each for any four accompaniments =4 marks)

12. Give an appropriate garnish for the following:

a) Consommé soup

Grated cheese or Very small vermicelli or Bits of vegetables e.g. brunoise and julienne strips

b) Thick soup

Chopped chive or Sliced toasted almonds or Sieved egg yolks or Paprika or Whipped cream or Croutons or Tiny pieces of meat or Chopped parsley

(1 mark each for any garnish in a) and b) =2 marks)

TOTAL: 30 marks

References

Alexander, T. & Caribbean Association of Home Economists. (2002). Book 3 of Caribbean Home Economics in Action. Heinemann.

Tull, A. & Coward, A. (2016). Caribbean Food and Nutrition for CSEC. Oxford University Press.