

Chapter 41 Soups, Stews, & Sauces

Main Idea

Soups, stews, and sauces are flavorful and versatile creations that can be made using a variety of ingredients.

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Base Liquids

- Stews, soups, and sauces are made from a liquid and a thickener.
- Homemade **broths** and **stocks** take time to make, but have richer flavor than store-bought varieties.



Vocabulary

broth

The flavorful liquid made by simmering meat, poultry, fish, animal bones, or vegetables in water.



Vocabulary

stock

Similar to broth, but made with vegetables and sometimes animal bones, and not meat.

Thickening Methods

- There are two ways to thicken a soup, stew, or sauce:
 - Decrease the amount of liquid.
 - Add starch.
- **Reduction** concentrates flavors by evaporating excess water.



Vocabulary

reduction

The process of simmering an uncovered mixture until some of the liquid evaporates.

Thickening Methods

- Common thickeners include:
 - Prepared grain products
 - Flour
 - **Cornstarch**
 - **Roux**
 - Legumes and vegetables
 - Eggs



Vocabulary

cornstarch

A fine, white powder of pure starch made from the endosperm of the corn kernel.



Vocabulary

roux

A mixture of equal amounts of flour and fat.

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Thickening Methods

Cornstarch has twice the thickening power of flour.

Degree of Thickness	Cornstarch	Flour
Thin	1 ½ Tbsp.	1 Tbsp.
Medium	1 Tbsp.	2 Tbsp.
Thick	1 ½ Tbsp.	3 Tbsp.



Check Your Knowledge

Why might a person use flour instead of cornstarch to thicken a liquid?

Soup Types and Cooking Methods

- **Soups** fall into five categories.
 - Clear
 - Cream
 - Chunky
 - Fruit
 - Cold



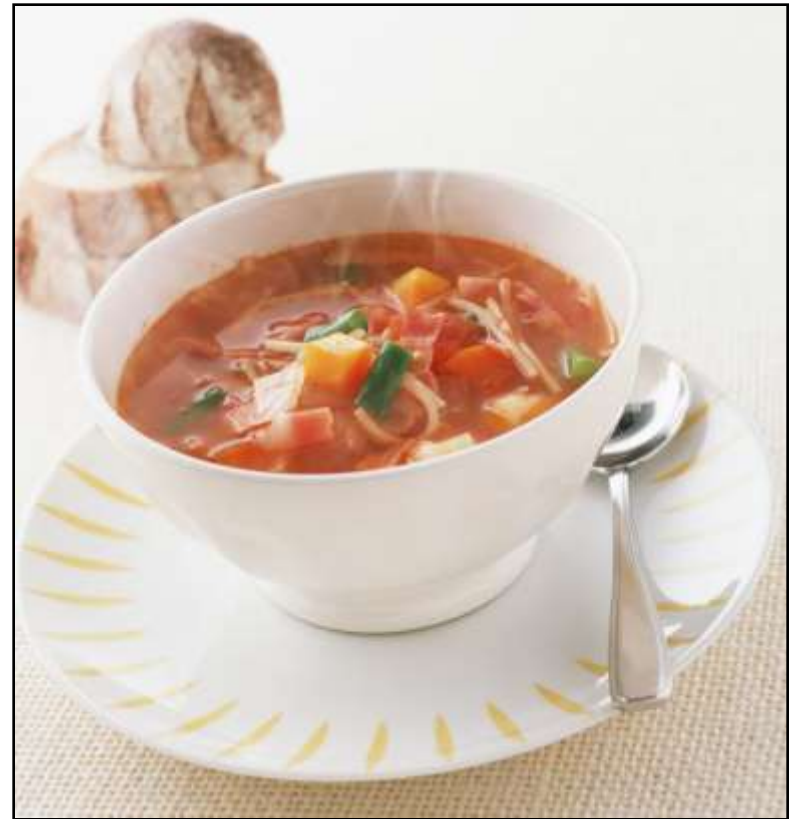
Vocabulary

soup

A dish made by cooking solid foods in liquid.

Soup Types and Cooking Methods

- Soup is usually served as an appetizer or as an entrée.
- Soups can be highly nutritious.
- Homemade soups take time to prepare.
- Packaged soup starters reduce preparation time.



Stew Types and Cooking Methods

- **Stews** contain less liquid than soup.
- Many world cuisines have special stews.
- Stewing is a good way to prepare inexpensive cuts of meat and poultry.



Vocabulary

stew

Any dish prepared by stewing, or simmering, pieces of food in a tightly covered pan.

Stew Types and Cooking Methods

- Basic stewing method:
 - Prepare the meat.
 - Sauté vegetables.
 - Add water and simmer.



Sauce Types and Cooking Methods

- There are many types of **sauces**:
 - Hollandaise
 - Basic white
 - Stock-based
 - Tomato-based
 - Oil-and-vinegar
 - Quick sauces



Vocabulary

sauce

A flavored liquid that is often thickened and that is served to enhance the flavor of another food.

Sauce Types and Cooking Methods

- Sauces may be made:
 - with a few staple items.
 - by diluting cream soups.
 - with a yogurt base.
 - using convenience items.
 - using a food's own juices.

