Guided Notes for Chapter 6 PowerPoint –

Stocks, Sauces and Soups

The Essential Parts of Stock

* There are four essential parts to all stocks:
  + A major flavoring ingredient (often \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
  + A liquid, most often \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Mirepoix
  + Aromatics
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a French word that refers to the mixture of coarsely chopped onions, carrots, and celery that provide a flavor base. (50 percent onion, 25 percent carrot, 25 percent celery is traditional proportion)
* **Aromatics**, such as bouquet garni and *sachet d’épices*, are the herbs, spices, and flavorings that create a savory smell. *Bouquet garni is traditionally spices and herbs wrapped in a leek. The sachet is a bag made of cheesecloth. These items are tied with kitchen twine for easy removal.*

Types of Stocks

* Stocks are often called the chef’s “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.” They form the base for many soups and sauces.
* There are many types of stock:
  + White stock, brown stock, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, court bouillon, glace, *remouillage*, bouillon, jus, jus-lie´ and vegetable stock
* To use bones for stock, you must first cut them to the right size and then prepare them by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Preparing Stocks

* + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rids them of some of the impurities that can cause cloudiness in a stock.
  + To brown bones, roast them in a hot (400°F) oven for about an hour, until they are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ causes bone and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to release flavor more quickly when liquid is added.
* Flavor, color, body, and clarity determine the quality of stock. A stock should be flavorful, but not so strong that it overpowers the other ingredients in the finished dish.
* To make stock, the ratio of liquid to flavoring ingredients is standard.
* Follow proper food safety practices when cooling stock to minimize the time the stock spends in the temperature danger zone.

Grand Sauces

* Sauces add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, moisture, and visual appeal to another \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* A **saucier** is a cook who specializes in making sauces.
* There are five classical grand sauces that are the basis for most other sauces:
  + **Béchamel:** Made from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + **Velouté:** Made from veal, chicken, or fish stock and a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or blond \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + **Brown or *Espagnole* sauce:** Made from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stock and brown \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + **Tomato sauce:** Made from a stock and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + **Hollandaise:** This is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ made from eggs, butter, and lemon.

Basic Ingredients in Sauces

Sauces need a liquid component. A key ingredient in sauce is the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, which adds richness and body.

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  is a thickener made of equal parts cooked flour and a fat, such as clarified butter, oil, or shortening.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a thickener made of equal parts flour and soft, whole butter.
* A **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, cornstarch mixed with a cold liquid, can be used instead of roux.

A **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a mixture of egg yolks and heavy

cream, often used to finish some sauces.

Preparing Different Kinds of Sauces

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a mixture of raw butter and various flavoring ingredients, such as herbs, nuts, citrus zest, shallots, ginger, and vegetables.
* **Coulis** is a thick puréed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a cold mixture of fresh herbs, spices, fruits, and/ or vegetables. It can be used as a sauce for meat, poultry, fish, or shellfish.
* **Jus-lié** is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ made from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from cooked meat and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The easiest way to strain sauce is the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. In this method, place a clean cheesecloth over a bowl, and pour the sauce through the cheesecloth into the bowl.

Basic Kinds of Soup

* There are two basic kinds of soups \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ soups and ­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ soups.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** include flavored stocks, broths, and consommés.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** include cream soups and purée soups, such as bisques, chowders, cream of tomato, lentil, and split pea soup.
  + There are many variations of these basic soups: Dessert soups, Fruit soups, Cold soups, Traditional regional soups

Preparing Soups

* Most soups are cooked at a gentle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and stirred occasionally.
* Finishing techniques are important when preparing soup for service. Soups should also be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ just before service.
* Stock or broth is the basic ingredient in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ soups. Broth is made from a combination of water; vegetables; beef, fish, chicken, or veal; mirepoix; and bouquet garni.
* One type of clear soup is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is a rich, flavorful broth or stock that has been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Preparing Soups (cont.)

* There are two kinds of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ soup — \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ soups and purée soups.
* The main difference between a purée and cream soup is that cream soups are usually thickened with an added starch, such as roux:
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** soups are thickened by the starch found in the puréed main ingredient, such as potatoes.
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a cream soup usually made from puréed shellfish shells, such as lobster, shrimp, or crab.
  + **Chowders** are hearty, thick soups made in much the same way as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ soups.
  + **Cream soups** should never be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (during cooking or reheating.)

Random bits on the test

* To \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ something is to slowly mix in a bit of \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with eggs or cream to raise the temperature slowly. This prevents the cream from curdling (turning lumpy and gross) or the eggs from scrambling in your sauce.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tomatoes with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or filter so that no seeds get into a stock is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_´.