

Date _____

Name _____

CREAM SOUPS

Cookery Principles:

roux as a thickener
 preparation of a white sauce
 preparation of a quick bread with cheese
 table service

PREPARING A WHITE SAUCE: Knowledge of the preparation of a white sauce is an important cooking skill as it is used in many places in food preparation. It is often found as a sauce over food as well as the basis of creamed soups, soufflés, and many casseroles. The white sauce for each of these types of dishes differs only in consistency.

Type of Sauce	Fat	Flour	Liquid	Uses
Thin	15 ml	15 ml	250-ml	_____
Medium	30 ml	30 ml	250 ml	_____
Thick	45 ml	45 ml	250 ml	_____
Very Thick	60 ml	60 ml	250 ml	_____

STEPS IN PREPARATION:

NEW ENGLAND CLAM CHOWDER

125 ml	raw potato peeled and diced small	½ of a 398 ml tin baby clams and liquid
175 ml	water	250 ml milk or cream
50 ml	chopped onion	1 ml salt
25 ml	margarine	white pepper to taste
25 ml	flour	10 ml chopped fresh parsley

1. Combine potatoes, onions and water in the bottom of the double boiler and cook covered on medium heat until tender.
2. Melt margarine in the top of the double boiler; add flour to make a roux.
3. Add milk slowly to the roux to prevent lumping. Add seasonings, clams and liquid, drained cooked potatoes and onions.
4. Place water in the bottom of the double boiler; and cook soup over boiling water until thick. Garnish with chopped parsley.

DOUBLE CORN CHOWDER

15 ml margarine	250 ml milk
15 ml finely chopped onion	1/2 tin corn niblets
15 ml flour	1/2 tin cream style corn
1 ml salt	10 ml chopped parsley
f.g. black pepper	

1. Chop onions and cook in margarine in top of double boiler for 5 min.
2. Add flour to the onion margarine mixture to make a roux.
3. Add milk slowly to the roux.
4. Add seasonings and 2 types of corn.
5. Cook over boiling water until soup is thick and glossy.
6. Serve soup garnished with parsley.

VEGETABLE CHEESE CHOWDER

1/4 small potato, peeled	20 ml flour
1/2 small onion	20 ml margarine
1/2 stalk celery	1 ml salt
1/2 carrot	1/2 ml dried dill weed
10 ml chicken bouillon powder	fag. pepper
175 ml hot tap water	125 ml milk
	30 ml grated cheese

1. Prepare vegetables by dicing into small even size pieces. Using the bottom of the double boiler cook in chicken stock until just tender.
2. Meanwhile prepare a roux from the flour and margarine in the top of the double boiler.
3. Add milk to roux slowly. Add seasonings cooked vegetables and any remaining stock.
4. Place soup over boiling water and cook until thick.
5. Serve garnished with grated cheese

Drop Biscuits

375 ml flour

15 ml baking powder

2 ml salt

60 ml fat- margarine or shortening

125 ml milk

- 1. Personal hygiene**
- 2. Preheat oven to 200C (400F)**
- 3. Measure flour, baking powder and salt in to a mixing bowl.**
- 4. Using a pastry blender cut in fat (until the size of small peas)**
- 5. Gradually add the milk, using a fork to gently toss the ingredients until a soft dough forms.**
- 6. Drop dough onto cookie sheet in 2 inch balls and bake 8-12 minutes.**