

FL ProStart Teachers Workshop: Soups & Salads (from the Caribbean to Spain)

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Recipe Resources:

1. White beans and Chorizo Soup: <https://beaninstitute.com/recipes/spanish-white-beans-with-smoked-paprika-and-chorizo/>
2. Apple and Fennel Salad with Manchego and Walnuts: <https://www.riberaruedawine.com/recipe-apple-fennel-salad-machego-walnuts/>

Introduction to Soups

Description

The variety of ingredients, seasonings and garnishes you can use for soups is virtually endless, provided you understand the basic procedures for making different kinds of soup. Great soups can be made from the finest and most expensive ingredients or from leftovers from the previous evening's dinner service and trimmings from the day's production. Soups are universally recognized as comfort foods in which seasonal ingredients can shine. Although fresh ingredients are preferable, the wise use of leftovers means a daily soup special can be an economical, practical menu item.

Lesson Objectives

Students will be able to:

- describe the different classifications of soup
- prepare a variety of clear broths and consommés
- prepare thick cream and purée soups
- prepare cold soups
- garnish and serve soups appropriately.

Assumptions

- Students have received orientation on the subject of kitchen and food safety.
- The teacher will be familiar with and will utilize correct knife skill techniques using appropriate resources.
- The teacher will provide a variety of ingredients for knife cutting activity.
- The facility will supply the correct knives and equipment required to complete the activity.

The following Activity Plan is to be completed prior to this Activity Plan:

- Workstation Set-up

Safety Considerations

- Ensure the use of required personal protective equipment.
- Practice safe knife handling and use.
- Use correct knife cleaning procedures.
- Ensure the proper sanitizing and storage of knives upon completion of the activity.

CHARACTERISTICS OF SOUP

Most soups can be classified by cooking technique and appearance as either clear or thick. Clear soups include broths (Fr. bouillon) made from meat, poultry, game, fish or vegetables as well as consommés, which are broths clarified to remove impurities.

Thick soups include cream soups and purée soups. The most common cream soups are those made from vegetables cooked in a liquid that is thickened with a starch and puréed; cream is then incorporated to add richness and flavor. Purée soups are generally made from starchy vegetables or legumes. After the main ingredient is simmered in a liquid, the mixture—or a portion of it—is puréed.

Some soups discussed in this chapter (notably bisques and chowders as well as cold soups such as gazpacho and fruit soup) are neither clear nor thick soups. Rather they are the result of special preparation methods or a combination of the methods mentioned before.

A soup's quality is determined by its flavor, appearance and texture. A good soup should be full-flavored, with no off or sour tastes. Flavors from each of the soup's ingredients should blend and complement, with no one flavor overpowering another. Consommés should be crystal clear. The vegetables in vegetable soups should be brightly colored, not gray. Ingredients added to enhance the soup's appearance and flavor should be attractive and uniform in size and shape. The soup's texture should be very precise. If it is supposed to be smooth, then it should be very smooth and lump-free. If the soft and crisp textures of certain ingredients are supposed to contrast, the soup should not be overcooked, as this causes all the ingredients to become mushy and soft.

Garnishing is an important consideration when preparing soups. When applied to soups, the word garnish has two meanings. The first is the one more typically associated with the word. It refers to foods added to the soup as decoration—for example, a broccoli floret floated on a bowl of cream of broccoli soup. The second refers to foods that may serve not only as decorations but also as critical components of the final product—for example, noodles in a bowl of chicken noodle soup.

Classification

1. Clear

- a. All clear soups start as stock or broth. Broths may be served as finished items, used as the base for other soups or refined (clarified) into consommés

2. Thick

- a. There are two kinds of thick soups: cream soups and purée soups. In general, cream soups are thickened with a roux or other starch, whereas purée soups rely on a purée of the main ingredient for thickening. But in certain ways the two soups are very similar; some purée soups are finished with cream or partially thickened with a roux or other starch.

3. Specialty Soups

- a. Several popular types of soup do not fit the descriptions of, or follow the procedures for, either clear or thick soups. Soups such as bisques and chowders as well as many cold soups use special methods or a combination of the methods used for clear and thick soups.

Types of soups

- Broth
- Consommé
- Hearty broth
- Cream soups
- Puree soups
- Bisque
- Chowders

Broths

Stocks and broths are very similar they have the same techniques. Broths are stocks that are enriched with the addition of meat while cooking.

Consommé

A perfectly clear flavorful rich broth. Uses a clarification process to make clear and remove impurities and help with flavor.

Hearty Broths

Are full of flavor and have more texture and body than clear broths. The vegetables must be cut into uniform sizes and shapes. They should be simmered in the broth until they are tender. Meats, grains, and pastas are used to give the soup body. Can make a soup by using just one ingredient IE. Onion soup

Pureed Soups

They are slightly thicker than cream soups and have somewhat a coarser texture.

Beans are used for pureed soups because of their creamy texture when cooked properly.

Uniformly cut pieces are important because of the cooking time.

Some vegetables may be grilled or roasted for extra flavor.

Cream Soups

Classically a cream soup is based on a béchamel sauce and is finished with heavy cream, however today a velouté can be used.

Some soups are based on 1 ingredient, IE broccoli.

Thickeners like a roux, flour, potatoes or natural pureed main ingredient give soup body.

Strain the soup it must have the consistency of cold heavy cream.

Add hot heavy cream to adjust the consistency and adjust seasoning and serve.

Bisque's

Traditionally bisque's are based on crustaceans, such as shrimp, lobster, or crayfish, and thickened with rice, rice flour, bread or roux.

Must use a flavorful broth or stock.

Adjust the consistency with hot heavy cream, and the seasoning as well.

Other possible finishers are paprika, brandy, or wine for flavor and color.

Chowders

Are chunky hearty soups that are full of ingredients, and sometimes are more like stews.

Can be based on fish, shellfish, or vegetables.

Must contain potatoes, milk, or cream.

Specialty or National Soups

Everything else that does not fit into the other classifications.

Examples are:

- Minestrone
- Chili
- Gazpacho
- Sancocho
- Asopao!!!

Cooking Tips

- Stir soups to prevent starchy soups from burning or scorching the bottom.
- When the soup is cooked and flavored, serve immediately or cool quickly.
- You may place in the walk in and when it is cold the fat will rise to the top and can be scraped off
- Use a paper towels to run on top of soup to grab fat, cannot do too much because it will turn soup cloudy.

Garnish

- Must compliment the soup.
- May provide contrast of flavor and texture.
- Must be appropriate size.
- Garnish must be cooked and added to the soup and heated in soup.
- Must be added at the last minute before the soup is served.

Introduction to Salads

Description

The definition of a salad: A single food or a mixture of foods accompanied or bound by a dressing. A salad can contain meat, grains, nuts, or cheese and contain no lettuce It can be an appetizer, entrée, side dish or dessert. The color, texture, and flavor should compliment each other.

Arrangement and presentation

The Structure of a Salad

- There are Four basic parts of a salad:
- Base or underliner
- Body
- Garnish
- Dressing

Guidelines for Arranging Salads

- Use a cold plate
- Keep the salad off the rim
- Strike a good balance of colors
- Height keeps a salad attractive
- Cut ingredients neatly
- Make salad ingredients identifiable
- Keep it simple

Preparing Salad Greens

1. Washing
2. Draining
3. Crisping
4. Tearing and cutting
5. Mixing
6. Plating
7. Garnishing
8. Dressing (immediately before service)

Salad Dressings

Salad dressings are liquids or semi liquids used to flavor salads.

The basic salad dressings can be divided into three categories.

- Oil and vinegar dressings.
- Mayonnaise-based dressings.
- Cooked dressings.

Ingredients

Because the flavors of most salad dressings are not modified by cooking, the quality of the dressings depends on the quality of the ingredients. Most dressings are an oil and acid like vinegar or citrus juices.

Emulsions in Salad Dressings

Temporary Emulsions

- Simple oil and vinegar dressings are called temporary emulsions because they will always separate after shaking.
- The negative side of temporary emulsions are they have to be shaken or stirred before each use

Permanent Emulsions

- Mayonnaise is a mixture of oil and vinegar but the two are bound together by egg yolks which act as an emulsifier.
- Commercial emulsifiers are gums, starches, and gelatin.

Tichi's Gazpacho

Yield: 4		Method:	
Ingredients		Quantity	
Plum tomatoes		2 pounds	
Cucumber		8 oz	
Green bell pepper		3 oz	
Garlic clove		1 ea	
Sherry vinegar		2 tbsp	
Water		½ cup	
Olive oil, extra virgin		¾ cup	
Salt,		2 tsp	

Direction

1. Cut and discard the core and top of the tomato and chop the tomatoes roughly into quarters.
2. Peel and dice the cucumber.
3. Cut the bell pepper in half remove, and discard the seeds, chop the pepper into large pieces.
4. Place in the blender the tomatoes, cucumber, peppers, garlic, sherry vinegar and ½ cup of water, blend until the mixture becomes a hick liquid.
5. Taste and adjust acidity.
6. Add the olive oil and salt, re-blend.
7. Strain and refrigerate for 30 minutes.
8. Serve chill.

“Caldo Santo” Coconut and squash soup

Yield: 6	Method:
Ingredients	Quantity
Coconut milk	14 oz
Annatto (achiote) seed	2 tbs
Chicken stock	8 oz
Butter	2 tbsp
Garlic cloves	2 ea.
Sofrito*	1 tbsp
Butternut squash (roasted)	7 oz
Heavy cream	4 oz

Direction

1. In a saucepan, simmer the coconut milk, chicken stock and the annatto seeds for 15 minutes. Strain and reserve the liquids.
2. In a medium saucepan melt butter and sweat the onions, add the garlic and the sofrito, stir for a few minutes, avoid caramelization.
3. Add the coconut and stock mixture and simmer for 2 minutes.
4. Add the roasted squash and simmer for 15 minutes.
5. Pure in a blender, strain using a cheesecloth.
6. Return to a saucepan add the heavy cream and simmer for 8 minutes.
7. Serve.

Spanish White Beans with Smoked Paprika and Chorizo

Yield: 4		Method:
Ingredients		Quantity
Extra virgin olive oil		¼ cup
Spanish chorizo (such as Bilao) sliced ¼” thick		½ lb.
Onion, medium, peeled, minced		1 ea.
Garlic cloves, peeled, minced		3 ea.
Salt		as needed
Ground black pepper		as needed
Tomato paste		¼ cup
Paprika, Sweet		1½ tsp.
Paprika, Smoke		½ tsp.
Tomato, grated		1 cup
Great Northern Beans, soaked overnight with a pinch of salt, strained		1 lb.
Water		1 qt.
Lemon peel, ½” x 2”		1 ea.
Parsley, finely chopped		2 Tbsp.
Bread slices, ½” pieces, grilled with olive oil		12 ea.

Directions

1. Heat oil in a large skillet over medium-low heat. Add chorizo and brown slightly, remove from pan.
2. Add onions and cook until soft, about 10 minutes. Add garlic and cook until fragrant then season with salt and black pepper.
3. Add tomato paste and cook until rust color, then add pimento and grated tomato. Cook and reduce juices until thickened, then add soaked beans and water. Bring to a simmer.
4. Reduce heat to medium-low, cover, and cook until beans are tender, about 1 to 1 ½ hours.
5. When the beans are very tender, add lemon peel, browned chorizo and salt, and simmer for 10 more minutes. There should be thick liquid and it should be the consistency of stew.
6. Garnish with parsley and serve with grilled bread.

Apple and Fennel Salad with Manchego and Walnuts

Yield: 4	Method:
Ingredients	Quantity
Manchego cheese, preferably aged 3-months	8 oz
Bulb fennel	1
green apples	2
walnuts, lightly toasted	¼ cups
Sherry dressing (see below)	To taste
Salt to taste	
Chives, for garnish	
Sherry Dressing	
Spanish extra virgin olive oil	3 tablespoons
sherry vinegar	1 tablespoon
Salt	Pinch

Directions

1. Cut the Manchego into 2” batons.
2. Cut one of the apples into ¼” cubes, and slice the other thinly on a mandoline or with a very sharp knife.
3. Slice the fennel bulb thinly on a mandoline or with a very sharp knife.
4. Toss everything in a bowl with the sherry dressing, and season with salt.
5. Before serving, top with minced chives. Serve immediately.

“Cojondongo” Extremaduran cold tomato bread salad*

Yield: 4	Method:
Ingredients	Quantity
Baguette	4 oz
Olive oil extra-virgin	6 tbsp
Plum tomatoes	6ea
Garlic cloves	½
Smoke paprika	¼ tsp
Parsley, chopped	1 tbsp
Sea salt	TT
Sherry vinegar	1 tbsp
Green bell pepper, seeded and diced	1ea
Green onion, thinly sliced	1ea
Green olives, quartered	1 cup

Direction

1. Cut the bread into 1-inch cubes and toss in a mixing bowl with two tablespoons of the olive oil. Spread the bread in a sheet pan and bake on the middle rack until golden brown, about 5 minutes. Set the croutons aside to cool.
2. Cut four of the tomatoes in half. Place a greater over a mixing bowl. Rub the cut surface of the tomatoes over the greater until all the flesh is grated, discard the skin.
3. Spoon the tomato pulp into the fine mesh strainer set over a large bowl. Allow the pulp to drain for 30 minutes. Reserve the drained pulp. Dice the remaining tomatoes.
4. Using a mortar and pestle, smash the garlic together with the paprika, parsley, and a pinch of salt to make a smooth paste.
5. Whisk 3 tablespoon of the olive oil and the vinegar together in a small bowl, and then stir in the garlic parsley paste.
6. In a mixing bowl, combine the croutons, peppers, diced tomatoes, scallions, and olives and toss together. Pour in the dressing and mix well.
7. To serve, spread the reserve tomato pulp on a serving platter and drizzle with the remaining tablespoon of olive oil. Top with the bread salad and season to taste with salt

Red wine Sangria

Yield:	Method:
Ingredients	Quantity
Fruity red wine, such as a Garnacha	1 bottle
Brandy	5 tbsp
Orange flavor liqueur	¼ cup
Vodka	¼ cup
Ruby Port	Splash
Orange, peeled and sliced	1
Apple Granny Smith, cored and diced	2
Cinnamon stick	1
Strip of lemon zest	1
Fresh orange juice	¼ cup
Soda water	Splash

Direction

1. Combine the wine, Brandy, orange liquor, vodka, port, oranges, apples, cinnamon stick, and the lemon zest in a bowl and refrigerate for at least 4 hours.
2. Pour the mixture into a pitcher filled halfway with ice.
3. Add the orange juice and soda water, give a quick steer, and serve.
4. Make sure each class gets some ice and fruit.

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