

SOUPS

Soups can be classified into 3 basic categories;

- 1 Specialty
- 2 Clear
- 3 Thick

SPECIALTY SOUPS are made in with unusual ingredients or methods, such as cold, fruit soup, turtle soup, or peanut soup. Sometimes cold soups are considered special soups even though they are basically cold versions of a clear or thick soup.

SWEDISH FRUIT SOUP	
<p>Read more about it at www.cooks.com/rec/view/0,2348,158186-232200,00.html Content Copyright © 2012 Cooks.com - All rights reserved.</p> <p>1/2 gallon water 1 cup prunes 1 cup raisins 1 small can crushed pineapple 1 cup canned cherries 2 lemons (juice of) 6 spice cloves 2 pieces stick cinnamon 2 tbsp. corn starch</p> <p>Put prunes and raisins in water and cook until they are tender. Then add pineapple, cherries, lemon juice, and spices and cook 5 minutes. Thicken with corn starch. It may be served hot or cold.</p>	

CLEAR SOUPS are made from a rich meat stock, include consommé (beef, veal, or fowl) and bouillon (beef or chicken). An example of a clear soup is chicken noodle.

CHICKEN NOODLE SOUP

Ingredients

- 1 tablespoon butter
- 1/2 cup chopped onion

- 1/2 cup chopped celery
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- 1/2 pound chopped cooked chicken breast
- 1 1/2 cups egg noodles
- 1 cup sliced carrots
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- salt and pepper to taste

Directions

- 1 In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

THICK SOUPS are thickened either by adding a thickening agent or by pureeing one or more of their ingredients.

- 1 **CREAM SOUPS** are thickened by a roux, butter or have the addition of milk and cream.
- 2 **BISQUES** are naturally thickened by pureeing one or more of their ingredients.
- 3 **CHOWDERS** are made from fish, shell fish, and/or vegetables. They usually include potatoes and milk.

CREAM OF BROCCOLI SOUP

Ingredients

- 2 tablespoons butter
- 1 onion, chopped
- 1 stalk celery, chopped
- 3 cups chicken broth
- 8 cups broccoli florets
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups milk
- ground black pepper to taste

Directions

- 1 Melt 2 tablespoons butter in medium sized stock pot, and sauté onion and celery until tender. Add broccoli and broth, cover and simmer for 10 minutes.
- 2 Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- 3 In small saucepan, over medium-heat melt 3 tablespoons butter, stir in flour and add milk. Stir until thick and bubbly, and add to soup. Season with pepper and serve.