



Back-to-Basics

How to prepare clear soups/ consommé

Subject:	Details:
<p>1. What are clear Soups / Consommé?</p> 	<ul style="list-style-type: none"> • • A Consommé is a clear soup made from richly flavored stock or bouillon that has been clarified usually through a fining process involving egg protein. It usually requires an advanced knowledge of cooking and past experience to create a high quality consommé. Consommé has maintained its place as one of the most highly regarded and appreciated soups in the world. • A Consommé can also be done in a vegetarian version such as a Tomato Consommé for example.
<p>2. How to prepare clear Soups / Consommé?</p> 	<ul style="list-style-type: none"> • Make a chicken or rich brown beef stock as per your recipe • Add the extra vegetables (not the optional garnishes), spices and tomato to the hot stock and allow steeping (just like when making tea) for 1 hour. • Stir the stock as little as possible using a balloon whisk gently through the liquid without breaking up or disturbing the stock ingredients • Transfer the stock to the fridge. • When it is at room temperature or still mildly warm, ladle the clear liquid gently into a jug or a clean saucepan without disturbing the sediment and chill it until any fat has set into solid clumps • Remove the fat • Prepare your ground meat and egg whites • Add both ingredients to the cold stock and put on the stove on medium heat • Heat up the stock slowly, do not boil the soup, it will become cloudy • The meat and egg whites will firm and start to swim on top of your stock • Turn down the heat until this process is finished • Remove gently the meat-egg white mixture • Strain the rich stock through a fine sieve and a cloth • A very clear soup / Consommé is the result • Check the seasoning • Always serve the Consommé very hot since compare to other soups a Consommé intends to cool down faster



Training Notes:

Introduce <ul style="list-style-type: none">- Yourself, the task, what Trainee will learn and how testing is conducted
Demonstrate When To Start and Materials <ul style="list-style-type: none">- Getting prepared immediately when the duty starts- Materials: Pot, stove, listed ingredients
Demonstrate Actions <ul style="list-style-type: none">- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions
Demonstrate the Result and Task Standards <ul style="list-style-type: none">- Tools and equipments should be clean before usage
Practice <ul style="list-style-type: none">- Trainee explains each step of task during practice. Check for errors and remind Trainee to correct them immediately, Task performed independently of trainer and to standard
Test for knowledge <p>Q. Why you should not boil the stock after adding ground meat/egg whites? A. The stock will become cloudy.</p> <p>Q. Why a Consommé should be served very hot? A. It cools down much faster than other soups.</p>
Follow-up <ul style="list-style-type: none">- Task performed to standard in actual job conditions; observed by manager of dept.- Dept. Quiz completed to 100% accuracy-

To ensure every guest feels cared for, valued and respected.

