







Back-to-Basics How to prepare Cream Soups

Subject	Details:
<p>1. What is a Cream Soup?</p>	<ul style="list-style-type: none">• Cream soups are truly special. They have a velvety texture and a creamy smoothness that make just perfect.
<p>2. The Base of the Soup</p> 	<ul style="list-style-type: none">• Every cream soup has a base. It's the soup's major component, and the part that adds the most flavors. In most cases, the base of a cream soup is a pureed ingredient such as vegetables or chicken for example. A pureed ingredient can be as simple as vegetables or Chicken boiled in a bit of water, then pureed with a blender or food processor.• However, to get a more complex flavor with not a whole lot more work, you can sauté some aromatics like leeks, onions, shallots, garlic, etc, with a bit of butter, and then add some stock and boil the vegetables in the mixture. Then puree the whole thing! It'll be a lot more flavorful.
<p>3. The Thickener</p>   	<p>The next element in cream soups is the thickener. This is what gives the soup most of its awesome texture.</p> <p>There are a few ways to thicken a soup:</p> <ul style="list-style-type: none">• The best way to thicken a cream soup is by making a <i>roux</i>, and it's not at all complicated. Just take equal parts butter and flour, and melt the butter over medium low heat. Then just whisk in the flour and cook it until it's well blended and starts to lose its raw flour smell. <p>A Roux is especially good with a cream soup because it doesn't just thicken; it also helps prevent the milk or cream from separating.</p> <ul style="list-style-type: none">• Another way to thicken the soup is with a <i>slurry</i>, a mixture of <i>cold</i> liquid (water, wine, stock, etc), and a bit of cornstarch. Just add the cornstarch to the cold liquid and stir or shake until you have a smooth paste. Then whisk the paste into your soup. <p>It's a bit simpler than the roux, but you have to be careful to mix the slurry very well before putting it in your hot soup, or you'll end up with gooey lumps.</p> <ul style="list-style-type: none">• You can also thicken a soup using egg yolks and cream. Just mix egg yolks and cream in a small bowl until blended, then slowly add a bit of hot soup to the bowl and mix, to heat up the egg. Then, pour the egg yolk mixture back into the soup. <p>The final touch of a cream Soup is the Cream itself. Basically it's up to the chef how much cream will be used, but a guideline is: 1/3 Cream on 1 liter Soup.</p>



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 is a Roux good to thicken your cream Soup? A. It helps prevent the milk or cream from separating.</p> <p>Q. What happens if you add too much slurry to your Soup? A. You'll end up with gooey lumps.</p> <p>Q. What is the guideline for adding the cream? A. 1/3 Cream on 1 liter Soup.</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

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