

# Chapter 41

## Soups, Stews and Sauces

### A Variety of Soups and Stews

**Directions:** Read the following selection. Then answer the questions under *Thinking Critically*, and complete the activities as directed by your teacher.

*Stone Soup*, a classic children’s fable, tells the story of a traveler who wanders into a village and sets up his kettle to make stone soup. One villager quickly adds cabbage to the stone soup. “It will add flavor,” she says. One by one other villagers add ingredients. The stone soup simmers and everyone in the village has the chance to enjoy it. Just as the villagers cooperated to make stone soup, soup and stew recipes also depend

on the cooperation of the meat, vegetables, and seasonings that simmer together to create well-blended, delicious combinations.

Soup originates from the Teutonic word, *suppa*, which describes a medieval dish of thick stew poured over bread, called *sop*—to soak up liquid. The aroma of a pot of simmering soup or stew is truly a sensory experience that brings warmth and comfort to the soul. You will find a soup or stew for every taste and culture. The following is a list to give you a “taste” of the variety of soups and stews from other cultures.

- ◆ **Calalu** A thick soup or stew of African origin made with greens, such as calalu leaves, which are similar to spinach.
- ◆ **Gumbo** Also of African origin, made from chicken, pork, or shrimp with okra pods. Okra or gumbo was originally cultivated in Ethiopia.
- ◆ **Jambalaya** Indigenous to the United States, this dish is a blend of Creole and Cajun foods that combines pork, sausage, ham, seasonings, and rice; scallops are optional.
- ◆ **Brunswick Stew** A classic Southern hunter’s stew, this dish is a combination of “game meat,” fresh vegetables, and rice.
- ◆ **Chicken Booyah** A very hearty soup or stew made with chicken, pork, and beef; northeastern Wisconsin holds claim to this favorite which was brought to Wisconsin by Belgian immigrants.
- ◆ **Borscht** A cold beet soup from Eastern Europe.
- ◆ **Bouillabaisse** A fish soup from Southern France.
- ◆ **Solyanka** A cabbage soup from Russia.

Making a soup or stew is not complicated. These foods offer a challenge for creating a new meal by using seasonal vegetables or leftover cubed meat, poultry, or fish. Both are an economical, healthy part of any meal plan.

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## Thinking Critically

1. Assume that a favorite soup includes kielbasa, cabbage, potatoes, carrots, and green beans. What important nutrients does this soup provide?

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2. Suppose you were the main cook in your family. What advantages would there be for you and your family if you regularly included a soup or stew recipe in the family menu?

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3. How does simmering affect the flavor and consistency of a soup or stew recipe?

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## For Further Study

- ◆ Plan three menus using a soup or stew as the main course. Evaluate the nutritive contributions of the soup or stew to the menu and the use of time needed to prepare the recipe.
- ◆ Interview an older adult, such as a grandparent or neighbor. Ask about the presence or frequency of soup or stew in his or her family's meal plan. What are his or her favorite food memories? Does he or she have a recipe to share with you? Compare his or her recipe to your meal plan today. Share similarities and differences with your class.
- ◆ In cookbooks or other resources, find the terms *slurry* and *beurre manie* (burr man-yay). What ingredients are used in each of these thickening methods? For what types of recipes are these methods used? Share your information in class, and demonstrate one of the thickening techniques.
- ◆ Read the story *Stone Soup* to an elementary class. Discuss how the villagers cooperated and how the students could also work together to make a recipe for stone soup. What ingredients would each student add to the soup? Together, write a recipe for stone soup, and have the students draw pictures. Write a summary about your experience and submit it to your teacher.