

Activity 1**Soups, Stews and Sauces****Soups, Stews and Sauces: Identification**

Purpose: To identify various soups, stews, and sauces.

Directions: Identify each soup, stew, and sauce described below. Write your answer in the space provided to the left of each number.

- _____ 1. Dishes of solid food cooked in liquid.
- _____ 2. A rich cream soup that uses shellfish as a base.
- _____ 3. Fish, meat, or vegetable soup thickened with potatoes or cream.
- _____ 4. A well-seasoned, uncooked soup of southern Spain.
- _____ 5. Means *pepper water* in southern India. Starts with a chicken broth, highly seasoned with chilies and curry powder and other spices. Versions include poultry or meat, a variety of vegetables, rice, eggs, shredded coconut, and coconut milk or cream.
- _____ 6. An elegant purée of cooked leeks and potatoes in heavy cream, garnished with chives.
- _____ 7. Hearty Italian soup made with vegetables, beans, and pasta topped with grated parmesan cheese.
- _____ 8. A Mexican pork stew that uses corn kernels that have been soaked and dried. It is seasoned with chilies, garlic, and cilantro.
- _____ 9. From Zimbabwe, this stew contains tomatoes, sweet potatoes, okra, and other vegetables simmered in chicken stock and thickened with peanut butter.
- _____ 10. Made famous in Kentucky, this stew traditionally includes such game as squirrel or deer. Modern versions include beef and chicken along with carrots, tomatoes, potatoes, cabbage, celery, and onions.
- _____ 11. A sauce made with egg yolks whisked with melted butter and lemon juice over a double boiler. Often used on eggs, asparagus, or fish.
- _____ 12. A sauce that is made with milk or cream and thickened with a butter-and-flour roux.

Activity 2

Soups, Stews and Sauces

Thickening Soups, Stews and Sauces

Purpose: To explain ways to thicken soups, stews, and sauces.

Directions: In the space provided, define how to use each thickener or thickening technique listed below.

1. Reduction:

2. Flour:

3. Cornstarch:

4. Roux:

5. Grains:

6. Legumes and vegetables:

7. Eggs:

Activity 3**Soups, Stews and Sauces**

Soup Vocabulary

Purpose: To identify terms essential to making soups, stews, and sauces.

Directions: Read the definitions below. Write the term that correctly matches each definition in the space provided to the left of each number.

- _____ 1. Natural meat juices, unthickened and skimmed of fat.
- _____ 2. A rich cream soup that uses shellfish as a base.
- _____ 3. Concentrated cubes or granules of convenience broth.
- _____ 4. Flavorful liquid made by simmering meat, poultry, fish, or vegetables in water.
- _____ 5. Clarified broth, completely strained of all particles and sediment.
- _____ 6. A fine, white powder that is pure starch made from the endosperm of the corn kernel.
- _____ 7. Energized by heat, the starch granules absorb the water slowly and swell. Eventually, the granules burst and the starch that rushes out thickens the liquid quickly.
- _____ 8. Simmering an uncovered mix until some of the liquid evaporates.
- _____ 9. A mixture composed of equal amounts of flour and fat.
- _____ 10. Flavored liquid that is often thickened.
- _____ 11. A dish of solid food cooked in liquid.
- _____ 12. Any dish prepared by stewing, or simmering small pieces of food in a tightly covered pan.