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SAVORY SOUPS



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Savory Soups

Ethel Diedrichsen
Extension Nutritionist

Soup making is one of the oldest forms of cooking. For centuries people have enjoyed one-dish meals of meat and vegetables cooked together. Today a hearty soup is one of the symbols of easy informal living.

There are two general classes of soup--those made from stock and those made with cream or white sauce. You may use meat, fish or poultry to make the stock. To extract the most flavor, cut the meat in small pieces and crack the bones. The vegetables and seasonings may be varied according to taste and availability. To make cream soups, use a thin white sauce base with cooked vegetable pulp, chopped meat or fish added. You will improve the flavor if you combine a small amount of stock with the milk to make the white sauce.

You will find soup in different forms on the market. The ready-to-serve soups usually cost more per serving. Condensed soups may be used undiluted in place of a thick sauce in meat loaves and casserole dishes, partially diluted as sauce for vegetables, or made according to directions for soup. Pleasant combinations may be made by blending two different flavors. The new frozen soups make soups available that cannot be canned otherwise. Dried soup mixes are convenient and usually economical. Bouillon cubes or meat extract may be used as a substitute for meat stock.

Many regular canned and frozen soups are now served cold in warm weather. Consomme or bouillon may be jellied by cooling in the refrigerator for several hours. It is then served in chilled bouillon cups.

Garnishes for Soup

Serve soup with a flair and achieve that extra touch that marks you as an experienced hostess. Perhaps you would like to sprinkle minced parsley or chives on clear soups such as consomme or bouillon. Little snips of puff paste, small cubes of custard, grated cheese, potato chips, and bits of crisp bacon to float on top are other suggestions. A spoonful of whipped cream contributes glamour. Or you can add julienne carrots or stringbeans, thin slices of cooked button mushrooms or alphabet macaroni.

Purees and thick soups may be garnished with thin strips of lemon, croutons, cooked vegetables and parsley

You will be able to obtain color contrast in cream soups by adding croutons, diced cooked vegetables, minced chives, parsley, paprika or pimento. Some combinations you may want to try include:

Cream of chicken soup and
Tomato soup and
Cream of celery soup and
Vegetable soup and
Cream of mushroom soup and
Chicken noodle soup and

slivered almonds
popcorn
chopped watercress
cheese croutons
browned onion rings
chopped ripe olives

To make soups thicker and heartier you can add barley, oatmeal, rice, tapioca, noodles, or spaghetti. A variety of accompaniments may be served with soup. These include: melba toast, cheese straws, varieties of crisp crackers, toast and toast sticks, corn bread and corn sticks.

A good soup has a pleasing appearance, a blended satisfying flavor and a definite consistency. Hot soups should be served piping hot and cold soups should be very, very cold. For variety try using these canned soups together:

Tomato with
Cream of chicken with
Cream of mushroom with
Beef noodle with
Tomato with
Vegetable with

Clam chowder
Cream of asparagus
Cream of chicken
Vegetable
Chicken gumbo
Bouillon

Recipes

BROWN SOUP STOCK

4 pounds shin of beef
(2/3 meat, 1/3 bone)
2 quarts cold water
1/4 cup diced carrots
1/4 cup diced turnips
1/4 cup diced celery

2 tablespoons chopped onion
3 or 4 celery tops
1 small sprig parsley
2 pepper corns
2 teaspoons salt

Cut meat into 1-inch cubes. Brown one third of the meat in hot fat. Combine all meat and bone with cold water. Heat and simmer for 4 hours. Add vegetables and seasonings; cook 1 hour longer. Strain and add water to make 2 quarts.

White Soup Stock: Use veal instead of beef. Prepare as above without browning the meat.

Bouillon: Cool and clear brown or white soup stock.

Consomme: Use half beef and half veal knuckle or chicken and veal. Cook as for brown soup stock. Strain, cool and clear.

To Clear Soup: Remove the fat from cold soup stock, heat the stock slightly and season it. Allow 1/2 to 1 egg white and 1 egg shell for each quart of stock and mix thoroughly while soup is only warm. Let boil 5 minutes. Remove from the heat, add 1/4 cup cold water and let settle. Then strain through 2 thicknesses of cheese cloth. When soup must be used before cooling, skim off all fat possible with a shallow spoon, then gently remove flecks of fat with a piece of absorbent paper.

QUICK BOUILLON OR CONSOMME

3 bouillon cubes
2 quarts water

Vegetables as for brown soup stock or
Tomato catsup (to taste) for tomato
bouillon

Cook vegetables in water for 1 hour; add bouillon cubes; add salt if necessary; strain and serve.

VEGETABLE SOUP WITH MEAT STOCK

1 large soup bone, cracked
3 quarts cold water
4 tablespoons fat
1 green pepper, chopped
1 cup chopped onion
1 1/2 cups chopped celery

1 cup diced carrots
1 cup diced turnips
2 cups diced potatoes
2 cups tomato juice and pulp
3 teaspoons salt
1/4 teaspoon pepper

Cover the bone with cold water and simmer for 2 hours. Remove the bone from the broth. Cook all the vegetables except the tomatoes in the fat for 10 minutes, stirring frequently. Add vegetables, tomatoes, salt and pepper to the broth and simmer until the vegetables are tender but not broken. Serve the meat with the soup or save it for hash or croquettes.

SPLIT PEA OR NAVY BEAN SOUP

2 cups dried split peas or navy beans
3 quarts cold water
1 ham bone or small shank end of ham
1 large onion, chopped

1/2 teaspoon sugar for navy bean soup
2 or 3 stalks celery with tops
chopped fine
1 sprig parsley for pea soup

Cover peas or beans with cold water. Quick cooking dried peas and beans do not require overnight soaking. Add ham bone, onion, sugar, celery, parsley and bring slowly to the boiling point. Cover and simmer 4 to 5 hours until peas or beans are tender and the liquid partially cooked down. For a smooth soup, rub through a coarse sieve. Skim off excess fat. Dilute as desired with additional milk or water. Season to taste with salt and pepper. Serve hot. Makes 8 servings.

QUICK MINESTRONE

2 cups canned consomme
1 cup cooked cabbage
1 cup canned corn
1 cup canned green beans
1 cup canned Lima beans

1 cup cooked onions
1 cup canned peas
1 cup canned tomatoes
1 teaspoon salt
Parmesan cheese

Combine all ingredients in the order listed and cook for 15 minutes. Serve with Parmesan cheese and toast. Makes 6 to 8 servings.

FRENCH ONION SOUP

4 large onions, sliced very thin
2 tablespoons butter
1 quart brown stock bouillon
1 teaspoon Worcestershire sauce

1/2 teaspoon salt
1/8 teaspoon pepper
2 French rolls, sliced and toasted
1/2 cup Parmesan cheese

Brown onions in butter until tender. Mix in bouillon, Worcestershire sauce, salt and pepper and bring to a boil. Place toast in heated soup bowls, pour in soup and sprinkle with cheese.

CHILI

2 tablespoons fat	1 to 2 tablespoons chili powder
2 small onions, diced	2 1/2 cups canned tomatoes
1 pound ground beef	2 1/2 cups canned kidney beans
1 teaspoon salt	

Heat fat, add onion, ground beef, salt and chili powder. Cook slowly until browned. Put tomatoes and beans in kettle. Add water needed to make about 8 cups. Add meat mixture. Cook slowly 1 hour. Makes 8 servings.

CREAM OF TOMATO SOUP

1/3 cup butter	2 or 3 drops onion juice
1/2 cup flour	4 cups milk
1 teaspoon salt	2 cups canned tomatoes
White pepper	

Melt butter, blend in flour, salt, pepper and onion juice. Blend in milk and boil for 1 minute, stirring constantly. Simmer tomatoes and press through a sieve. Add the hot tomato pulp to the white sauce. Season to taste. Serve immediately after combining.

CREAM OF VEGETABLE SOUP

3 tablespoons butter	4 cups milk, or use part consomme or chicken broth
2 tablespoons flour	2 cups cooked pureed vegetables (celery, spinach, asparagus, or peas)
1 teaspoon salt	1 teaspoon grated onion
1/8 teaspoon pepper	

Melt butter. Blend in flour, salt, pepper and stir in milk. Boil for 1 minute stirring constantly, then add pureed vegetables and grated onion. Use leftover cooked vegetables or cook fresh vegetables in a little water. Press through sieve: Serve hot with a swirl of whipped cream dusted with paprika or other colorful garnish. Makes 6 servings.

CHEESE SOUP

1 medium onion, sliced	1 carrot, diced
1 cup chopped celery	1 quart milk
2 tablespoons butter	1 1/2 cups (6 oz) shredded American process cheese
1/4 cup flour	1/2 cup cooked peas
1/2 teaspoon dry mustard	Salt and pepper
2 bouillon cubes	Croutons
2 cups water	

Cook onion and celery in butter about 5 minutes. Do not brown. Stir in flour and mustard. Remove from heat. Dissolve bouillon cubes in water and add with carrot to first mixture. Bring to boil stirring constantly. Cover and simmer about 15 minutes or until vegetables are tender. Pour in milk, and heat almost to boiling. Add shredded cheese, reserving 1/4 cup for garnish. Add peas. Stir over low heat until cheese is melted. Season to taste. Serve garnished with croutons and reserved cheese.

CREAM OF SALMON SOUP

1 cup salmon	2 tablespoons flour
1 quart milk	1/8 teaspoon pepper
1 slice onion	1 teaspoon salt
2 tablespoons butter	

Break up salmon into small pieces or rub through a coarse sieve. Scald milk with onion, then remove onion. Melt butter, blend in flour, pepper and salt. Add milk gradually, stirring constantly. Add salmon and cook until smooth and slightly thickened. Makes 6 servings.

OLD FASHIONED POTATO SOUP

1 small onion, chopped	2 tablespoons butter
4 medium potatoes, diced	Pepper
1 cup cold water	2 cups hot milk
3/4 teaspoon salt	

Combine the onion and potatoes with water and salt. Cover and allow to boil gently for about 25 minutes or until potatoes are tender but not mushy. Stir in butter, pepper and hot milk. A cup of chopped celery may be cooked with the potatoes and onion. Makes 4 servings.

NORWEGIAN FRUIT SOUP

3 tablespoons quick cooking tapioca	1/2 cup cooked raisins
3 cups water	1/2 cup cooked pitted prunes
4 tablespoons sugar	3 tablespoons lemon juice
1/8 teaspoon salt	

Cook tapioca with water until transparent. Add remaining ingredients and cook for an additional 5 minutes. Serve hot or cold. Makes 6 servings.

Variations: Use one cup crushed strawberries, raspberries, blackberries, cherries, gooseberries or currants instead of raisins and prunes. Omit lemon juice with gooseberries and currants.

CORN CHOWDER

1/4 pound fat salt pork	1 cup cooked corn
1 onion, sliced	4 cups hot milk
3 cups diced cooked potatoes	1/2 teaspoon salt
2 cups boiling water	Dash pepper
	Parsley

Cut pork into small pieces and brown. Remove excess fat. Add onion and cook until tender. Add potatoes, boiling water, corn and hot milk. Season with salt and pepper and garnish with parsley. Makes 6 to 8 servings.

Soup Accompaniments

FEATHER DUMPLINGS

2 cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
1/4 teaspoon pepper

1 egg, well beaten
3 tablespoons melted shortening
2/3 cup milk

Sift dry ingredients together. Add beaten egg, melted shortening and milk to make a moist, stiff batter. Drop by teaspoons into boiling liquid. Cover closely and cook 18 minutes. Makes 2 dozen dumplings.

HOMEMADE NOODLES

1 egg slightly beaten
1/2 teaspoon salt

1 cup flour (about)

Mix the salt with the egg, gradually stir in enough flour to make a very stiff dough. Knead this mixture for 3 to 5 minutes on a floured board, then roll into a paper-thin sheet. Cover with a towel and let stand about 20 minutes. Roll the dough as for jelly roll and cut into 1/4-inch strips. Shake out and allow to dry before using or storing.

MELBA TOAST

Remove crusts from day-old bread. Slice 1/8 inch thick. Place in a slow oven (250-300°) about 20 minutes until light brown and crisp.

BREAD STICKS

Slice bread 3/4 inch thick, remove the crusts, and cut each slice into 3 or 4 finger strips. Arrange on a baking sheet and dry in a very slow oven (200°) until lightly browned throughout.

CROUTONS

Remove the crusts from thinly sliced day-old bread, cut the slices in tiny cubes and brown the cubes lightly in a little melted butter or bacon drippings in a skillet, stirring constantly to keep from burning. Croutons may also be lightly browned in the broiler.

RIVELS

2 cups sifted flour
1/2 teaspoon salt

1 egg, well beaten

Combine flour, salt and beaten egg and blend until mixture is crumbly. Pour into boiling broth and cook 10 minutes. Appropriate for clear or vegetable soups.