Soups

Essence is the substance or extractive of certain food stuffs such as meat, poultry, fish or vegetables. In the making of soups or sauces the first objective is the essence, and it must be good and tasty; if not, the foundation for the sauce or soup is not substantially laid.

CLARIFIED CONSORME OR BROTH

3 pounds veal shank
5 quarts water
2 teaspoons celery salt
4 teaspoons salt
2 cups carrots, cut fine
2 cups celery, cut fine
2 cups onions, cut fine
10 eggs

Cut off meat and grind it. Fracture the bones into pieces about four inches long. Put the bones in the water and boil for about 1 hour.

Wash the eggs; then beat them—shell and all, and mix with the meat, vegetables and seasonings. Mix one quart of the hot water into the mixture so that eggs will not coagulate too soon, and pour into the remainder of the boiling water and bones. Lower the temperature to simmering. Whip the mixture into the water with a spoon; then let simmer for 45 minutes to 2 hours without stirring. Strain through a fine sieve or cloth.

CONSORME ROYAL

Use same broth as for clarified consomme and add fancy cut custard—about 6 per cup.

CUSTARD:

1 1/2 cups milk
1 teaspoon salt
1/4 teaspoon white pepper
4 eggs

Beat eggs slightly. Add salt and pepper, and milk last. Beat until well mixed. Bake in a shallow flat bottom pan about 8” by 8” set in a pan of water in oven about 350° F. Cool and cut as desired for consomme royal.

CONSORME JARDINIERE OR JULIENNE

Use clarified consomme and add 1/3 cup julienne cut carrots, onions, turnips, celery and parsley to each cupful of consomme.

Saute vegetables in good fat or butter until translucent. Drain or strain off fat. Add to broth and cook until tender. Serve hot.

CONSORME WITH FANCY CUT CHICKEN AND VEGETABLES

Use same stock as for clarified consomme; add desired amounts of fine julienne cut cooked white breast of chicken, cooked carrots, parsley and sautéed celery.

Variation: Ham or other meat may be substituted for chicken; other vegetables or herbs may also be used.

THIN VEGETABLE SOUP

(Serves 12)

1 cup onion, sliced thin
1 cup celery, sliced thin
1 cup carrots, sliced thin
1 cup potatoes, cut julienne
1 cup tomatoes, fresh or canned (if fresh—peel and cut)
1 tablespoon green pepper, chopped
6 cups stock
1 teaspoon sugar
1/2 teaspoon Vegetable Herb Blend B or combination savory, marjoram, basil and parsley
1/2 teaspoon Dash Seasoning Salt

Salt and pepper to taste

Saute the carrots, celery and onion until translucent. Add the potatoes, green pepper, and tomatoes. Then add the hot stock, sugar and seasoning, and simmer 15 minutes.

This recipe may be used as a basic soup to which you may add other herbs; it may be converted into a cream soup by the use of cream sauce, or broth may be strained and used with rice, barley, macaroni, or noodles.
CREAM VEGETABLE SOUP
(Serves 6 to 8)

½ cup potatoes, cut in fine julienne strips
½ cup mushrooms, cut fine
1 cup celery, sliced fine
½ cup onions, sliced fine
½ cup tomatoes
½ cup carrots, cut julienne
2 tablespoons green pepper, cut very fine
2 cups medium cream sauce
2 cups good stock
1 tablespoon chopped parsley
½ teaspoon Dash Seasoning Salt
¼ teaspoon mono sodium glutamate

Saute celery, onions, and carrots until translucent. Then add tomatoes, green pepper and mushrooms. Saute for a few minutes. Add hot stock and potatoes, and boil until potatoes are tender. Season, add parsley, and mix gradually into hot cream sauce. Serve hot.

MULLIGATAWNEY
(Serves 6)

½ cup onion, sliced thin
½ cup carrots, sliced thin
½ cup fat
½ cup flour
4 sprigs parsley
1 blade of mace
2 whole cloves
5 cups hot stock
1 teaspoon lemon juice
1 apple, diced
1 teaspoon Lawry Seasoned Salt
¼ teaspoon Dash Seasoning Salt

Tie the parsley, mace, and cloves in a cheesecloth bag, and simmer in the stock for 15 minutes. Remove.

Saute the onion, carrots, and celery in the fat until translucent. Add the flour and cook a short time.

Add the stock and simmer until the vegetables are tender. Add the lemon juice, apple, and seasoning and cook 10 minutes longer. Serve hot. May be strained or pureed before apple is added, then serve hot.

CLAM CHOWDER
(Serves 6)

½ pound salt pork, shredded fine
2 small dry onions, or 1 cup green onions, cut fine
1 quart canned or shucked clams
2 cups potatoes, cut julienne
3 cups hot, whole milk
1 teaspoon Tomato Seasoning (Seasoning Salt)
8 soda crackers, soaked in cold milk

Render salt pork to a crisp. Remove pork from fat. Add onions and saute until soft and translucent. Cook clams and potatoes in barely enough water to cover. Season with salt and pepper, being careful not to get too much salt. When mixture comes to a boil add hot milk.

Soak 8 crackers in cold milk and add to chowder. Sprinkle crisp pork and fresh chopped parsley on top as you are serving. Serve hot.

OYSTER STEW
(Serves 6)

1 pint standard oysters
4 cups hot milk
2 tablespoons celery, cut fine
2 tablespoons butter
½ cup water
1 teaspoon salt
¼ teaspoon Dash Seasoning Salt

Strain liquor from oysters. Pour liquor and half cup of water into a pan and bring to a boil; skim off the scum that forms. Saute celery in butter.

Add oysters to hot liquid and as soon as the edges of the oysters begin to curl, add the hot milk. Combine sautéed celery with oysters and milk. Season and serve hot.

SHRIMP GUMBO
(Serves 6)

2 cups fresh shrimp after it is shelled
2 cups water
1 bay leaf
½ cup onion, cut fine
¼ cup celery, cut fine
2 tablespoons butter
2 tablespoons chopped parsley
½ cup tomato, fresh and skinned
¼ cup rice, cooked
¼ teaspoon sugar
¼ teaspoon Old Hickory Buckaroo Seasoning
¼ teaspoon leaf thyme
¼ teaspoon cayenne pepper
1 cup okra (canned or fresh) cut crosswise
1½ cups stock or water, or bouillon made from cubes

Bring shrimp to a boil, shell, devein, and cut in ¼ inch pieces. Simmer in the 2 cups of water with bay leaf about 15 minutes. Remove bay leaf.* Saute onions in the butter until translucent. Add half
the parsley, all the celery, tomato, rice, thyme, salt, pepper, and okra. Add the hot stock and simmer 30 minutes. Skim off excess fat and check for seasoning. Garnish with remainder of parsley. Serve in soup plates; the consistency is similar to heavy chili.

*Bay leaf or thyme should remain in a soup or stew just long enough to impart its essence and should then be removed.

**CHICKEN GUMBO**
(Serves 12)

- 3 cups chicken, cut julienne or diced
- ½ cup boiled or cooked ham, cut julienne
- ½ cup onion, sliced thin
- ½ cup celery, sliced thin
- 2 tablespoons butter
- 2 cups okra, canned or fresh, cut crosswise
- 6 cups stock, chicken or veal
- ½ cup fresh tomatoes, cut fine
- ¼ cup sweet red pepper, sliced fine
- 2 tablespoons parsley, chopped
- ½ cup cooked rice
- 1 bay leaf
- ½ teaspoon sugar


*Remove bay leaf as soon as flavor has been diffused.

**CREAM OF MUSHROOM SOUP**
(Serves 4)

- 2 tablespoons parsley, chopped
- 1 cup celery, cut fine
- 4 tablespoons butter
- 2 cups hot stock
- 2 cups mushrooms, chopped
- 2 cups light cream sauce
- ¼ teaspoon Dash Seasoning Salt
- ¼ teaspoon salt

Sauté celery in butter. Add chopped mushrooms, one tablespoon parsley, and sauté for a few minutes. Add hot stock gradually to vegetables and bring to a boil. Stir entire mixture into cream sauce until smooth. Garnish with remainder of parsley, and a little paprika. Serve hot.

**FISH CHOWDER**
(Serves 12)

- 1 pound any kind of fresh, boneless fish, cut julienne
- 2 cups potatoes, diced fine
- 1 cup onion, sliced fine
- ¼ teaspoon garlic seasoned salt
- 3 sprigs parsley, cut fine
- 1 cup fresh tomatoes, peeled and cut
- 3 cups boiling water
- 3 cups hot milk
- ¼ cup salt pork or bacon, cut fine
- ½ teaspoon French marjoram
- Salt and pepper to taste

Optional Garnish:
chopped green pepper
paprika

Fry the salt pork or bacon until crisp. Remove. Dredge the fish in flour and fry in the same fat until a golden brown. Remove the fish and sauté onion until translucent. Add water and potatoes, and boil until potatoes are tender. Add the remaining ingredients except for the milk and simmer for 8 minutes. Fold in hot milk. Garnish with chopped green pepper and paprika.

**FISH CHOWDER**
(Serves 10)

- 1 ½ pounds fresh lake trout
- ½ teaspoon ground cumin seed
- 2 teaspoons salt
- ½ bay leaf, crushed fine
- ½ teaspoon leaf thyme
- 4 cups milk
- 4 cups water
- 1 cup fresh tomatoes
- 1 cup green celery (pascal) chopped fine
- ½ cup onions, chopped fine
- ¼ cup chopped parsley

Make Roux:
- 4 tablespoons butter
- 4 tablespoons flour

Clean and wash fish thoroughly. Crush spices fine as possible; mix with salt. Cut fish in thin, julienne strips and season with salt and spices; dredge in flour. Melt butter in hot stew pan and sauté fish until slightly brown. Drain fat from the fish, and sauté celery, onions and half of the parsley in the fat until translucent. Drain fat from vegetables, mix in the flour and stir into a smooth roux.

Add milk and mix into light cream sauce. Add two quarts of boiling water to the fish and bring to a boil. Fold fresh tomatoes, parsley, into sautéed celery and onions; pour into boiling fish. When this mixture comes to a boil again, pour into the cream sauce. Check for salt. Add one teaspoon of sugar when tomatoes are used. Serve hot.