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 CONSOMME’ 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 in 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 fine sieve or cloth.

**CONSOMME’ ROYAL**

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

**CUSTARD:**

1½ cups milk  
1 teaspoon salt  
½ 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 consommé royal.

**CONSOMME’ JARDINIE’RE OR JULIENNE**

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

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

**CONSOMME’ WITH FANCY CUT CHICKEN AND VEGETABLES**

Use same stock as for clarified consommé; add desired amounts of fine ju-
lienne 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 tablespoon chopped parsley  
½ teaspoon Seasoning Salt  
Salt and pepper to taste

Sauté 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 into fine julienne strips  
½ cup mushrooms, cut fine  
1 cup celery, sliced fine  
½ cup onions, sliced fine  
½ cup tomatoes  
1 teaspoon sugar  
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 Seasoning Salt  
¼ teaspoon mono sodium glutamate

Sauté celery, onions, and carrots until translucent. Then add tomatoes, green pepper and mushrooms. Sauté 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)  
⅔ 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 seasoning salt

Tie the parsley, mace, and cloves in a cheesecloth bag, and simmer in the stock for 15 minutes. Remove. Sauté 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 puréed before apple is added, then serve hot.

SHRIMP GUMBO  
(Serves 6)  
2 cups fresh shrimp after it is shelled  
2 cups water  
½ cup onion, cut fine  
¼ cup celery, cut fine  
2 tablespoon butter  
2 tablespoons chopped parsley  
½ cup tomato, fresh and skinned  
¼ cup rice, cooked  
¼ teaspoon sugar  
½ teaspoon seasoning salt  
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

Shell, devein, wash thoroughly, and cut into ¼ inch pieces. Simmer in the 2 cups of water about 5 minutes. Let cool in liquid. Sauté 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.
CLAM CHOWDER  
(Serves 6)

1/2 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 Seasoning Salt  
8 soda crackers, soaked in cold milk

Render salt pork to a crisp. Remove pork from fat. Add onions and sauté 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.

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  
1/4 teaspoon seasoning salt  
1/4 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.

OYSTER STEW  
(Serves 6)

1 pint standard oysters  
4 cups hot milk  
2 tablespoon celery, cut fine  
2 tablespoons butter  
1/2 cup water  
1 teaspoon salt  
1/4 teaspoon 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. Sauté 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.

FISH CHOWDER  
(Serves 12)

1 pound any kind of fresh, boneless fish, cut julienne  
2 cups potatoes, diced fine  
1 cup onion, sliced fine  
1/4 teaspoon garlic seasoned salt  
3 sprigs parsley, cut fine  
1 cup fresh tomatoes, peeled and cut  
3 cups boiled water  
3 cups hot milk  
1/4 cup salt pork or bacon, cut fine  
1/2 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.