

Study Guide

Soups, Stews and Sauces

Directions: Read chapter 41, and answer the following questions. Later, you can use this study guide to review.

1. What do soups, stews, and sauces have in common?

2. List the steps for making broth or stock.

3. Define bouillon.

4. Name three ways to thicken soups, stews, and sauces.

5. Describe how to use flour or cornstarch as a thickener.

6. Explain how to temper eggs before using them as a thickening agent.

7. Define soup.

Chapter 41 Study Guide (continued)

8. Name and describe five soup groups, and give an example of each.

9. List the steps for making chicken soup.

10. Name the basic ingredients found in stew.

11. Give three examples of ethnic stews, and tell where they come from.

12. What is sauce? How is it used?

13. List the steps you follow when making a basic white sauce.

14. List the ingredients in a stock-based sauce.

15. Give examples of oil-and-vinegar sauces.

16. How long should you store soups and stews?

Activity 1

Soups, Stews and Sauces

Stirring the Pot

Directions: Some of the statements below are true; others are false. Put an X in the space next to the statements that are false and write the correct answer on the lines below.

- _____ 1. Stock is a flavorful liquid made by simmering meat and vegetables in water.

- _____ 2. Adding sugar will thicken a fruit soup.

- _____ 3. In order to thicken a stew with flour, add hot liquid to the flour and pour that mixture into the hot stew.

- _____ 4. When preparing a roux, cook equal parts of fat and liquid.

- _____ 5. Cook mixtures quickly over high heat so the mixture will thicken in the shortest amount of time.

- _____ 6. Consommé is a broth made of puréed ingredients.

- _____ 7. Bisque is a rich soup usually made with shellfish and cream.

- _____ 8. Gazpacho is a well-seasoned, uncooked, cold soup of southern Spain.

Chapter 41 Activity 1 (continued)

_____ 9. Vichyssoise is a classic example of a cold soup that is made from chilled potatoes, garlic, and cream.

_____ 10. Soups and stews can be similar, but stews tend to have less liquid.

_____ 11. Originally, sauces were used to cover up the taste of foods that were going bad.

_____ 12. Soups, stews, and sauces are made using moist heat to cook a mixture of grains, vegetables, and other foods.
