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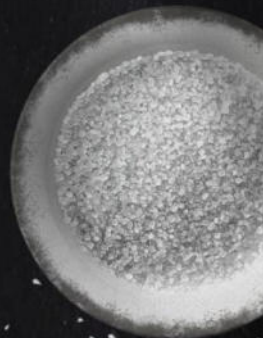


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Soups

UNIT 6





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UNIT 6

Soups

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6.1. Soups and Basic Principles





6.1. Soups and basic principles

Soups can be consumed hot or cold and they can be produced from any kind of food (broth, vegetable broth, stocks etc.). Soups are appetizing, and they can be consumed at any time of the day, sometimes even as a main course. Although there are differences in the way of preparation, in general, the ingredients are added to the liquid to be prepared and boiled together. When the ingredients in the soup are cooked, they can be consumed directly, or sometimes they can be used by crushing, passing through a blender and adding various thickeners into it.

Clear Soups: It is a kind of soup that has a clear appearance and even looks like water and has a very high nutritional value. The garnish is added later, depending on the type. Vegetable soups, broth soups and consommés are examples of clear soups.

Thick Soups: To prepare thick soups, it may be necessary to mash, puree and add thickening agents. Rice, potato, starch or egg yolk can be used as a thickener when preparing many thick soups. Creamy soups can also be evaluated under the title of thick soups.

Grain Soups: In granular soups, the grains are put into water. It can be clear or viscous in appearance. It contains chopped vegetables, fresh vegetables, dried vegetables, cereals, grain products and legumes.

Cold Soups: They are preferred in hot climates to cool down and to satisfy hunger. Cold soups can be prepared without cooking, or they can be prepared by cooling after cooking.

Although the use of deep bowls is a preferred method in the presentation of soups, sometimes cups and glasses may be preferred depending on the menu. It is important that the bowls to be used for hot soups are hot, and that chilled bowls are used in the presentation of cold soups. Garnishes that enrich the soup in terms of taste and appearance can be served right next to the soup or added to it shortly before serving.