

## CHAPTER VII

### Soups Made With Stock

Not only special cuts of low priced meats may be used for soups, but also the trimmings and bones of steaks, roasts and cooked meats.

Meat for soup stock should be cut in small pieces so as to expose as much surface as possible. Bones should be cracked or sawed in small pieces. The marrow of the bone adds to the richness of the soup.

In soup making, some of the meat may be browned before being put in the stock pot. This brings out the high flavor of the extractives of meat and makes it richer. Both meat and bones should be allowed to soak in cold water an hour before salt is added. Soup stock needs only to simmer a long time in order to bring out all the meat juices. Boiling the bones makes the liquid cloudy by dissolving out some of the lime.

Meat stock finds uses, not only in making soup, but in gravies and in adding moisture to dressings and meat loaves. The water in which vegetables are cooked may be added to the stock pot, thus enriching the vitamin and mineral content.

Stock made from bones of cooked fowls may have added an equal portion of thin white sauce for soup. Stock from meat should be prepared before needed for use, so as to allow fat to cool and be removed. There is no food so unappetizing as a greasy soup. In an emergency, the fat may be removed by putting a piece of ice in cheesecloth and passing it over the surface. The fat will congeal on the cold cheesecloth.

Bouillon is made from beef alone, while consommé may include several kinds of meat, poultry, etc.

#### BROWN STOCK

Remove all the meat from a shin of beef and cut it into small pieces. Brown one-half of the meat in a hot skillet. Crack the

bone in several places and place meat and bone in a kettle. Cover with cold water (1 qt. to a pound) and allow to stand 1 hour. Add 2 tsp. of salt and simmer gently from 4 to 6 hours. At the end of 3 hours, add to the stock pot a chopped onion,  $\frac{1}{2}$  tsp. of pepper, 3 whole cloves, a few sprigs of parsley, thyme and marjoram. Strain and set aside to cool at end of cooking. The remaining meat and vegetables may be made into a hash after removing the bone.

### CONSOMME

Brown stock may be used for consomme. Remove all the fat and reheat. Wash and break an egg. Crush the shell and mix white with it, together with  $\frac{1}{4}$  c. of cold water. Stir into the stock and bring to a boil. Allow to stand on back of stove for 5 minutes, then strain thru cheesecloth. The liquid should be clear and brown and with an excellent flavor. Serve very hot in cups or soup plates as a first course.

### VARIATIONS IN CONSOMME

Rice, noodles or spaghetti may be cooked separately and added to the consomme just before serving.

Vegetables cut in small, attractive pieces may also be added. They should also be cooked separately as anything cooked in the consomme makes it cloudy in appearance.

### VEGETABLE SOUP

To each quart of meat stock, from which the fat has been removed, add 2 tbsp. each of carrots, turnips, cabbage and onion; put thru a meat chopper; add  $\frac{1}{4}$  c. of stewed tomato and  $\frac{1}{4}$  c. of diced potatoes. Simmer gently an hour. Season and serve.

### BARLEY SOUP

Cook  $\frac{1}{4}$  c. of pearl barley in 1 qt. of meat stock to which 1 tsp. of minced onion has been added.

### CREOLE SOUP

Fry 3 tbsp. of chopped green peppers and 3 tbsp. chopped onions in 1 tbsp. of fat. Add 1 pt. of stewed tomatoes and 1 qt. of stock and let simmer an hour. Rub thru a sieve. Melt 2 tbsp. of butter and stir in 2 tbsp. of flour. Gradually add the hot stock and bring to a boil. Before serving, add 2 tbsp. grated horse radish and 1 tsp. of vinegar.

### SPLIT PEA SOUP WITH STOCK

Cook  $\frac{1}{2}$  c. of split peas, which have been cleaned and soaked over night, in 3 qts. of stock. Add a chopped onion to it. When peas are cooked, rub thru a sieve. Bind the soup by stirring in 1 tbsp. of flour, mixed with water. Bring to a boil and serve.

### OXTAIL SOUP

Separate an oxtail into pieces at the joints. Have a small piece (2x2 in.) of salt pork cut into cubes. Put in a frying pan and brown, adding part of the pieces of oxtail to sear. Remove

all to a kettle and add 3 qts. of water. After standing an hour, season with 2 tsp. of salt and simmer gently from 4 to 6 hours. Two or three whole cloves, a minced onion and carrot, a stalk of celery, diced, and parsley sprigs may be cooked with the oxtail if desired. When ready to serve, season well with salt and pepper and 1 tsp. of catsup or Worcestershire sauce. In each serving, place a joint of oxtail.

### SCOTCH BROTH

Select 2 pounds of mutton for stewing and cut in small pieces. Put the bones and meat into the kettle, cover with 2 qts. of cold water and let simmer until meat is done. Remove bones and cool until fat can be removed. Then return to the fire, adding 4 tbsp. of pearl barley, and cook cereal until tender. Carrots, onions and celery cut in small pieces may also be added. Season well and serve as main dish for luncheon.