

SITHCCC007 Prepare stocks, sauces and soups

Contents

BEEF STOCK (FONDS BRUN)	2
BERRY COULI.....	3
CHICKEN STOCK.....	4
CHICKEN VELOUTE.....	5
DEMI-GLACE.....	6
ESPAGNOLE SAUCE.....	7
FISH STOCK.....	8
HOLLANDAISE.....	9
MAYANNAISE.....	10
SEAFOOD BISQUE.....	11
STEWED TOMATO AND SAFFRON SAUCE.....	12
VEGETABLE AU GRATIN EN COCOTTE.....	13
VEGETABLE (FRENCH GREEN) AU GRATIN.....	14
VEGETABLE STOCK.....	15
VICHYSOISE.....	16
QUALITY INDICATORS – Assessor use only	17

Recipe: BEEF STOCK (Fonds Brun)

YIELD 2L approx.

DESCRIPTION

Brown stock (French: Fond brun) is one of the basic stocks (fonds) in French cuisine. Auguste Escoffier gives a recipe which contains marrow bones, beef, poultry carcasses, carrots, turnips, leeks, celery, parsnips and onion and is simmered and skimmed for several hours, producing a dark brown liquid which is the basis for many other sauces, soups and stews. The brown colour is attained by roasting the bones which are to be used for making the stock. It is the basis of espagnole sauce and demi-glace.

Occasionally some chefs will coat the bones lightly in tomato paste before roasting. This will produce a darker colour and richer flavour, and the acidity from the tomatoes can also break down some of the muscle fibres. Be careful not to add too much as this will turn the stock cloudy.

Make sure to decant the stock so that it cools rapidly, meeting the food safety standards:

- From 60°C to 21°C in a maximum of 2 hours and
- From 21°C to 5°C in a maximum of 4 hours

Also make sure produce is covered to prevent from contamination.

INGREDIENTS

METHOD

5kg veal or beef marrow bones (I find necks work well)
1kg peeled carrots
1kg celery stalks
1kg peeled onions
1 halved head of garlic
1 Bunch parsley stems
1/2 Bunch Thyme
10 Bay Leaves
1 teaspoon black peppercorns
White wine to deglaze

STEP 1

Preheat oven to 200°C. Roast the bones in a deep tray; turning occasionally, until well browned, it takes about 30 minutes. (Note: taking the time to put colour on the bones will yield a much better end product).

STEP 2

Produce a mirepoix from the carrot, celery and onion.

STEP 3

Begin to sweat the vegetables in a large stockpot. Once they have become soft, increase the heat until they begin to caramelize. (An alternative method is just to roast all the vegetables in a separate tray in the oven).

STEP 4

Add the bones to the pot along with the vegetables and cover with cold water.

STEP 5

Heat the tray which contained the bones over the stove and deglaze with the white wine. (Some chefs may use red wine)

STEP 6

Add a bouquet garni to pot.

STEP 7

Bring to a gentle simmer and continue to simmer for 6 hours, skimming off the scum and fat throughout the cooking process. (This is called despumate) (Top up water if required).

STEP 8

Strain the stock through a fine sieve or muslin cloth, and decant, allowing the stock to cool rapidly to meet food safety requirements.

STUDENT'S NOTE

Recipe: BERRY COULIS

YIELD 400ML

DESCRIPTION

A coulis is a fruit sauce that's made with puréed and sieved fruit. It is usually mixed with sugar, lemon juice and even a little liqueur.

Avoid using the blender where possible as this will cause the seeds to break down, resulting in a gritty texture.

INGREDIENTS

METHOD

250g frozen raspberries
4 Tbsp. caster sugar
1/4 cup water
Pinch of salt
Small squeeze of lemon juice
1 sheet of gelatine

STEP 1

Combine the coulis, sugar and water in a pot.

STEP 2

Simmer gently for 5 minutes.

STEP 3

Once the berries have broken up, press them through a fine sieve. Then add the sheet of gelatine.

STEP 4

Test the consistency on a cold plate, and reduce further if necessary.

STUDENT'S NOTE

Recipe: CHICKEN STOCK

YIELD 1L

DESCRIPTION

INGREDIENTS

½ kg Chicken Bones (backs and necks)
Cold water
1 Onion
½ Leek, White part only
½ Celery Stick
1 Clove Garlic
1 bay Leaf
2 Sprigs Thyme
½ Tsp. Black peppercorns
3 Parsley Stalks

BOUQUET GARNI

2 sprigs flat-leaf parsley
10 sprigs fresh thyme (single sprigs)
2 fresh bay leaves

METHOD

STEP 1

To start the stock, rinse the bones under cold water and place them into a suitable-sized stock pot. Cover the bones with cold water; fill it up above the bone by 2 inches. Turn the heat to medium and slowly bring the bones to a simmer, making sure it doesn't come to a boil.

STEP 2

In the meantime, chop the mirepoix (onions, leeks, celery and carrots) into about ½ inch pieces.

STEP 3

After the stock has simmered for about 30 minutes, skim one more time before adding the mirepoix.

STEP 4

Let the stock gently simmer for another hour or so, skimming the surface as needed.

STEP 5

Add the bouquet garni (peppercorns, bay leaves, parsley stems, fresh thyme and celery leaves), making sure to gently tuck it underneath the surface. Continue to simmer for about 30 minutes.

STEP 6

Once the stock has cooked for at least 1 1/2 to 2 hours, you can strain it. First, skim off as much fat as possible from the surface. Then gently remove the solids and discard. Finally, strain the stock through a sieve lined with a piece of cheesecloth.

STUDENT'S NOTE

Recipe: CHICKEN VELOUTÉ

YIELD 1L

DESCRIPTION

A velouté sauce is one of the sauces that were designated in the five "mother sauces" by Auguste Escoffier. Along with espagnole, tomato, béchamel and hollandaise. The term velouté is from the French adjectival form of velour, meaning velvet. In preparing a velouté sauce, a white stock, such as chicken or fish stock, is thickened with a blond roux. Thus the ingredients of a velouté are equal parts (by mass) of butter and flour to form the roux and add to it a light chicken or fish stock, with some salt and pepper to season as needed. The sauce produced is commonly referred to by the type of stock used (e.g. chicken velouté).

Roux is flour and fat (usually butter) cooked together and used to thicken sauces. Roux is typically made from equal parts of flour and butter by weight. The flour is added to the melted fat or oil on the stove top, blended until smooth, and cooked to the desired level of brownness. Clarified butter, vegetable oils, bacon drippings or lard are commonly used fats. Roux is used as a thickening agent for gravy, sauces, soups and stews. It provides the base for a dish, and other ingredients are added after the roux is complete.

Derived sauces

Sauce velouté is often served on poultry or seafood dishes, and is used as the base for other sauces. Sauces derived from a velouté sauce include:

- **Albufera sauce:** Addition of meat glaze, or glace de viande.
- **Allemande sauce:** By adding a few drops of lemon juice, egg yolks, and cream.
- **Bercy:** Shallots, white wine, lemon juice and parsley added to a fish veloute.
- **Poulette:** Mushrooms finished with chopped parsley and lemon juice.
- **Aurore:** Tomato purée.
- **Hungarian:** Onion, paprika, white wine.
- **Sauce ravigote:** The addition of a little lemon or white wine vinegar creates a lightly acidic velouté that is traditionally flavoured with onions and shallots, and more recently with mustard.
- **Suprême sauce:** By adding a reduction of mushroom liquor (produced in cooking) and cream to a chicken velouté
- **Gravy:** usually made with meat and/or vegetable drippings instead of a separate stock, but follows the same principle.

INGREDIENTS

70g butter
60g flour
1 litre chicken stock
Salt and white cracked pepper
Some nutmeg

METHOD

STEP 1

In a saucepan bring the chicken stock to the boil.

STEP 2

In another small saucepan melt the butter, and then add the flour. Using a whisk, mix the roux and cook for about six minutes or until it reaches the "blonde roux" stage (note the change in aroma).

STEP 3

Once the roux is ready, carefully add the boiling chicken stock and mix quickly to combine the ingredients.

STEP 4

Cook for further 15 to 20 minutes on very low heat.

STEP 5

Pass through a fine sieve.

STUDENT'S NOTE

Recipe: DEMI-GLACE

YIELD 500ml

DESCRIPTION

Demi-glace is a rich brown sauce in French cuisine used by itself or as a base for other sauces. It is traditionally made by combining equal parts of veal stock and espagnole sauce, the latter being one of the five mother sauces of classical French cuisine, and the mixture is then simmered and reduced by half.

Common variants of demi-glace use a 1 to 1 ratio of beef or chicken stock to sauce espagnole and these are mixed together. These are referred to as "beef demi-glace" (demi-glace au boeuf) or "chicken demi-glace" (demi-glace au poulet). The term "demi-glace" by itself implies that it is made with the traditional veal stock.

A Bouquet garni is a bundle of herbs usually tied together with string and mainly used to prepare soup, stock, casseroles and various stews. The bouquet is cooked with the other ingredients, but is removed prior to consumption.

Alternatively to the bouquet garni, a chef may choose to use a sachet d'épices (pronounced "sa-SHAY DAY-pees"), which is a small cheesecloth sack containing herbs and spices used to add flavour to stocks, soups and sauces. It translates literally to "bag of spices" in French.

INGREDIENTS

METHOD

250ml Espagnole sauce, hot
250ml brown stock, hot

BOUQUET GARNI

2 sprigs flat-leaf parsley
10 sprigs fresh thyme (single sprigs)
2 fresh bay leaves

STEP 1

In a stock pot, combine the Espagnole sauce, brown stock and bouquet garni.

STEP 2

Bring up to a boil, reduce the heat to medium and a simmer until the liquid reduces by half, about 1 1/2 hours. Skim the liquid occasionally, for impurities.

STEP 3

Season with salt and pepper. Strain through a chinois or fine mesh sieve.

STUDENT'S NOTE

Recipe: ESPAGNOLE SAUCE

YIELD 500ML

DESCRIPTION

The basic method of making Espagnole is to prepare a very dark brown roux, to which veal stock or water is added, along with browned bones, pieces of beef, vegetables, and various seasonings. This blend is allowed to slowly reduce while being frequently skimmed. The classic recipe calls for additional veal stock to be added as the liquid gradually reduces. Tomato paste or pureed tomatoes are added towards the end of the process, and the sauce is further reduced. In classical cooking, Espagnole sauce is one of Auguste Escoffier's five mother sauces that are the basis of sauce-making in classic French cooking. This type of sauce was already compiled in different Spanish cooking handbooks of the late 19th century. Escoffier popularized the recipe, which is still followed today.

Espagnole has a strong taste and is rarely used directly on food.

As a mother sauce it serves as the starting point for many derivatives, such as:

- **Sauce Afric aine**; gets its flavour from African/Creole seasonings.
- **Sauce Bigarade**; features the flavour of bitter orange.
- **Sauce Bourguignon**; base of red wine with onions or shallots.
- **Sauce aux champignons**; addition of mushrooms.
- **Sauce charcutière**; flavouring with chopped gherkins.
- **Sauce chasseur**; often includes mushrooms and shallots.
- **Demi-glace**; made by combining equal parts of veal stock and espagnole sauce.

There are hundreds of other derivatives in the classical French repertoire.

INGREDIENTS

METHOD

500ml Brown Stock, Hot
80g Brown Roux
30g Bacon Fat
1/2 Onion, Diced
1 Carrot, Diced
1/3 Celery Stick, Diced
Salt
Freshly ground black pepper
1 Tbsp. Tomato Puree

BOUQUET GARNI

2 sprigs flat-leaf parsley
10 sprigs fresh thyme (single sprigs)
2 fresh bay leaves

STEP 1

In a stock pot, produce a brown roux from the flour and butter.

STEP 2

Whisk the hot stock into the roux.

STEP 3

In a large sauté pan, heat the bacon fat. Add the vegetables. Season with salt and pepper. Sauté until wilted, about 5 minutes.

STEP 4

Stir the tomato puree into the vegetables and cook for about 5 minutes. Add the tomato/vegetable mixture to the stock/roux mixture.

STEP 5

Add the bouquet garni and continue to simmer, skimming as needed. Season with salt and pepper. Simmer the sauce for about 45 minutes. Strain the sauce through a fine mesh sieve.

STUDENT'S NOTE

Recipe: FISH STOCK

YIELD 1L

DESCRIPTION

Fish stock forms the basis of many dishes, particularly fish soups and sauces. In western cookery, it is usually made with fish bones and fish heads and finely chopped mirepoix. This fish stock should be cooked for 20–25 minutes, cooking any longer would spoil the flavour. Concentrated fish stock is called "fish fumet."

Only bones from white flesh fish are used because they contain less oil and produce a cleaner and fresher tasting stock.

In Japan, a fish and kelp stock called dashi is made by briefly (3–5 minutes) cooking skipjack tuna (bonito) flakes called katsuobushi in nearly boiling water. Other Japanese fish stock is made from fish that have been fried and boiled for several hours, creating a white milky broth. This has a rich feel and sweet umami taste.

Stock can also be made using other types of seafood. For example, prawn stock made from simmering prawn shells is used in Southeast Asian dishes such as laksa.

Fumet; is a concentrated stock, especially of game or fish, used as flavouring.

INGREDIENTS

METHOD

300g Fish Bones
2 Tbsp. kosher salt
2 Tbsp. vegetable oil
½ Onion, Diced
¼ Fennel, Diced
1/3 Celery Stick, Diced
1 Clove Garlic
200ml White Wine
1 bay leaf
5 whole black peppercorns

STEP 1

Place fish bones and heads in a large bowl and cover with cold water. Stir in kosher salt until dissolved. Let stand 1 hour. Drain, then rinse fish under cold running water, washing away any large areas of blood (such as near spine).

STEP 2

In a large saucepan, heat oil over medium-high heat until shimmering. Add onion, fennel, leek, celery, and garlic, and cook, stirring, until vegetables have softened slightly, about 3 minutes. Stir in fish heads and bones. Add wine and cook, stirring, until it begins to steam. Add 4 cups of water (liquid should just cover the fish heads and bones; if not, add just enough more to barely cover) to it. Add parsley, tarragon, bay leaf, and peppercorns.

STEP 3

Bring liquid barely to a simmer, then lower heat so that it stays just below a simmer, with only the occasional bubble. Cook for 20 minutes. Using a spoon, skim off any scum that accumulates on the surface.

STEP 4

Strain fish stock through a fine-mesh strainer, and then chill. Fish stock can be kept refrigerated, covered, for up to 3 days or frozen for up to 3 months.

STUDENT'S NOTE

Recipe: HOLLANDAISE

YIELD 250ML

DESCRIPTION

INGREDIENTS

200g unsalted butter
3 egg yolks
1 Tbsp. fresh lemon juice, or to taste
1/2 Tsp. salt, or to taste
2 Tbsp. hot water
Ground white pepper, to taste

METHOD

STEP 1

Melt the butter in a small saucepan over low heat. Use a metal spoon to skim any foam from the surface.

STEP 2

Pour the clear yellow butter into a heatproof jug. Discard milk solid residue.

STEP 3

Place egg yolks, lemon juice, salt and 1/2 the hot water in a blender. Blend on high until mixture is pale and thickens slightly.

STEP 4

With the motor running, add hot butter in a thin, steady stream. Add remaining water to thin the sauce slightly.

STEP 5

Season with pepper, and extra lemon juice and salt, if necessary. Half fill a large bowl with warm water (if water is too hot, the sauce will curdle). Pour sauce into a small bowl and store for further use.

STUDENT'S NOTE

Recipe: MAYONNAISE

YIELD 550ML

DESCRIPTION

INGREDIENTS

4 Egg Yolks
1 Tsp. Dijon Mustard
1 Tbsp. Vinegar
500ml Oil
Salt & Pepper

METHOD

STEP 1

Whisk the yolks, mustard and vinegar together.

STEP 2

Slowly drizzle in the oil, whilst continuing to whisk.

STEP 3

Once all the oil has been emulsified into the egg yolk mixture, season to taste. Store correctly for future use.

STUDENT'S NOTE

Recipe: SEAFOOD BISQUE

YIELD 4 serves

DESCRIPTION

Bisque is a smooth, creamy, highly seasoned soup of French origin, classically based on a strained broth of crustaceans. It can be made from lobster, langoustine, crab, shrimp or crayfish.

Bisques are thickened with rice, which can either be strained out, leaving behind the starch, or pureed during the final stages. (Some chefs may use a roux).

Rouille is a sauce that consists of olive oil with breadcrumbs, garlic, saffron and cayenne pepper. It is served as a garnish with fish, fish soup and, notably, bouillabaisse. Rouille is most often used in the cuisine of Provence. Stock can also be made using other types of seafood. For example, prawn stock made from simmering prawn shells is used in Southeast Asian dishes such as laksa.

Fumet; is a concentrated stock, especially of game or fish, used as flavouring.

INGREDIENTS

METHOD

Bisque

1 Tbsp. extra virgin olive oil
1 Tbsp. unsalted butter
1/2 large onion, finely chopped
1/2 medium stalk celery, finely chopped
1 Tbsp. plain flour
Pinch cayenne pepper
1 tsp paprika
1/2 Tbsp. tomato paste
500ml Fish Stock
125ml White Wine
200g mixed seafood
2-3 teaspoons lemon juice
50ml Cream
1/2 tablespoon chopped flat-leaf parsley
Brandy
Pernod
Fennel
Crusty bread, to serve with
Saffron Aioli, or Rouille.

ROUILLE

1 Red Capsicum (roasted and peeled, cut into Brunoise)
2 Egg Yolks
1/2 Garlic Clove (crushed)
1 Tsp Dijon Mustard
1 Tbsp. White Wine Vinegar
175ml Vegetable Oil
5g Course Bread Crumbs
Pinch Cayenne pepper
Salt & Pepper

Bisque

STEP 1

Heat the oil and butter in a pan over medium-low heat. Add the onion and celery and sweat for 2-3 minutes until softened.

STEP 2

Add the flour, cayenne pepper and paprika and cook, stirring constantly, for 1-2 minutes. Add the tomato paste and then cook for a further minute.

STEP 3

Gradually add the fish stock, and then reduce heat to low and simmer for 5 minutes. Set aside to cool slightly, blend in batches, and then return to the pan.

STEP 4

Place the white wine and 250ml water in a pan over medium-low heat and bring to a simmer. Add the prawns and seafood, cover and simmer for 5 minutes. Strain the seafood, discarding the liquid. (Make sure you also discard any mussels which have not opened.)

STEP 5

Gently reheat the soup, and add the cooked seafood, lemon juice and cream. Stir to combine.

ROUILLE

STEP 1

Whisk together the egg yolks, garlic, Dijon Mustard and vinegar until it is well combined.

STEP 2

Slowly drizzle in the oil in a steady stream, whilst continuously whisking.

STEP 3

Once the mayonnaise is at the correct consistency, add the bread crumbs, capsicum, and cayenne pepper. Season to taste.

STUDENT'S NOTE

Recipe: STEWED TOMATO AND SAFFRON SAUCE

YIELD 300ML

DESCRIPTION

INGREDIENTS

METHOD

20ml EVOO (olive oil)
½ Onion, cut into brunoise
50ml White Wine
½ Tsp. Saffron Threads
200g Crushed Tomatoes
Salt & Pepper

STEP 1

Sweat off the onion in the oil until tender and translucent. Add the white wine and saffron, reduce by 2/3.

STEP 2

Add the tomatoes and simmer for 20 minutes, add a little water if needed during the cooking process. Season to taste.

STUDENT'S NOTE

Recipe: VEGETABLE AU GRATIN EN COCOTTE

YIELD 4 serves

DESCRIPTION

Roux can be cooked for different time length, the longer a roux cooks, the darker the colour and the bolder the flavour. However the roux loses some of its thickening power if it cooks for too long. What some chefs will do is make a larger roux than necessary and set some aside. If the sauce requires more thickening, extra roux can later be whisked in, similar to a Beurre manié.

Beurre manié is a dough, consisting of equal parts of soft butter and flour, used to thicken soups and sauces. By kneading the flour and butter together, the flour particles are coated in butter. When the beurre manié is whisked into a hot or warm liquid, the butter melts, releasing the flour particles without creating lumps.

Beurre manié should not be confused with roux, which is also a thickener made of equal parts of sometimes clarified butter or many other oils and flour, but which is cooked before use.

Beurre manié is also used as a finishing step for sauces, imparting a smooth, shiny texture prior to service.

INGREDIENTS

METHOD

35g Butter
30g Flour
500ml Milk
Salt and white cracked pepper
Some nutmeg
Roasted Potato, Sweet Potato,
Pumpkin and Peas
40g Grated Cheese (Gruyere,
Parmesan)
1 egg

STEP 1

To make béchamel sauce, in a saucepan bring the milk to the boil.

STEP 2

In another small saucepan melt the butter, and then add the flour. Using a whisk, mix the roux and cook for about six minutes or until it reaches the "blonde roux" stage (note the change in aroma).

STEP 3

Once the roux is ready, carefully add the boiling milk and mix quickly to combine the ingredients.

STEP 4

Cook for further 15 to 20 minutes on very low heat.

STEP 5

Pass through a fine sieve.

STEP 6

Fold roasted vegetables, peas through the béchamel and transfer to baking dish.

STEP 7

Add 1 cracked egg and gruyere cheese to the baking dish and bake in a hot oven for 15 minutes.

STUDENT'S NOTE

Recipe: VEGETABLE (FRENCH GREEN) AU GRATIN

YIELD 4 Portions

DESCRIPTION

INGREDIENTS

1 small onion, finely chopped
1 tbsp. olive oil
2 tbsp. all-purpose flour
3/4 tsp salt
1/4 tsp ground black pepper
1 1/2 cups whole milk
1 pound broccoli, chopped
2 cups chopped leaf spinach
1 pound zucchini, chopped
1 1/2 cups shredded Cantal
cheese (substitute cheddar)
3 tbsp. butter, melted
1 cup breadcrumbs
1/4 cup Parmesan cheese

METHOD

STEP 1

To make the mornay sauce, gently sauté the onion in the olive oil for five minutes in a medium saucepan set over medium heat.

STEP 2

Sprinkle the flour over the onions and continue sautéing the mixture for 30 seconds.

STEP 3

Add the salt, pepper and milk to the pan and stir constantly for 3 to 5 minutes until the sauce thickens.

STEP 4

Stir in half of the shredded cheese. Take off heat and save for later.

STEP 4

Bring a salted water pot on the stove and bring to the boil.

STEP 5

Blanch the broccoli and zucchini in the boiling water and then place into an ice bath.

STEP 6

Place the cooled broccoli and zucchini and spinach into a buttered gratin dish. Coat the top of the vegetables in the gratin dish with the mornay sauce.

STEP 8

Mix the bread crumbs, and 1/4 cup Parmesan cheese, and sprinkle the mix over the gratin.

TO SERVE

STEP 1

Pre heat the oven to 180°C.

STEP 2

Bake the broccoli gratin in the preheated oven for 20 minutes, until it is hot and bubbly, the vegetables are tender, and the bread crumbs have turned golden brown.

STEP 3

Select a plate to serve the gratin on. As this dish is served in the gratin dish, make sure there is a napkin on the plate so it doesn't slip.

STEP 4

Place appropriate garnishes and accompaniments to the dish.

STUDENT'S NOTE

Recipe: VEGETABLE STOCK

YIELD 3L

DESCRIPTION

A few basic rules are commonly prescribed for preparing stock:

- The stock ingredients are simmered starting with cold water. The collagen from connective tissue and skin is denatured into gelatine through gentle, long simmering, thickening the stock somewhat.
- Stocks are simmered gently, with bubbles just breaking the surface, and not boiled. If a stock is boiled, it will be cloudy.
- Salt is usually not added or only minimally added to the stock, since most stocks are reduced to make soups and sauces, and excessive salt will make the final dish too salty.
- Meat is added to a stock before vegetables, and the "scum" that rises to the surface is skimmed off before further ingredients are added.
- After the stock is finished and has cooled, the fat, which floats, separates and solidifies into globs within the stock, which can be removed with ease.
- Stocks can be frozen and kept indefinitely but are better fresh.
- The refrigerator shelf life of a stock is three to four days, but the stock can be boiled at the end of this period and the life extended another three to four days. Stock can be kept for extended periods in this manner. (Pasteurisation).

INGREDIENTS

METHOD

1 Tbsp. vegetable oil
2 large brown onions, halved, coarsely chopped
2 carrots, peeled, coarsely chopped
4 celery sticks, coarsely chopped
3L cold water
6 parsley stalks
10 whole black peppercorns
3 dried bay leaves

STEP 1
Heat the oil in a stockpot or large saucepan over medium-high heat. Add the onion, carrot and celery and cook, stirring, for 5 minutes or until brown.

STEP 2
Add the water, parsley, peppercorns and bay leaves and just bring to the boil. Use a fine-slotted spoon or ladle to remove any scum that rises to the surface during this process.

STEP 3
Reduce heat to medium-low and simmer, uncovered, for up to 2 hours, skimming the surface every 30 minutes or as necessary.

STEP 4
Remove from heat. Set aside for 30 minutes to cool slightly.

STEP 5
Place a fine sieve over a large heatproof bowl. Carefully strain stock through the sieve. Discard contents of sieve. Decant and refrigerate.

STUDENT'S NOTE

Recipe: VICHYSOISE

YIELD 800ML

DESCRIPTION

Vichyssoise is a thick soup made of boiled and puréed leeks, onions, potatoes, cream, and chicken stock. It is traditionally served cold but it can be eaten hot.

INGREDIENTS

1 tablespoon butter
1 Leek, White part only, diced
1 onion, sliced
2 potatoes, peeled and thinly sliced
Salt and pepper to taste
2 Sprigs of Thyme
1 bay leaf
500ml Chicken Stock
60ml Cream (you may need more)

METHOD

STEP 1

In a large stock pot melt butter over low heat. Add leeks and onion, cover, and sweat for 10 minutes.

STEP 2

Add potatoes and season with salt and pepper.

STEP 3

Add the thyme, marjoram, bay leaf and stir well. Cover pot and continue to cook for 12 minutes.

STEP 4

Add chicken stock and bring to a boil, reduce heat and cook, partially covered for 30 minutes.

STEP 5

Puree soup in blender or food processor and cool.

STUDENT'S NOTE

QUALITY INDICATORS – Assessor use only

NAME

DATE:

BEEF STOCK (Fonds Brun)			
Colour	Brown clear	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Liquid	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Full beef flavour	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Beef and vegetable	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

BERRY COULIS			
Colour	Bright in colour, glossy	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth in texture Not gritty	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Coating consistency	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Balanced in flavour Not too sweet or tart	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Sweet / fruity	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Cold	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	In correct service-ware	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

CHICKEN STOCK			
Colour	Light brown / clear	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Liquid	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory

		Satisfactory	
Flavour	Full chicken flavour	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Chicken and vegetable	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

CHICKEN VELOUTÉ			
Colour	Pale colour	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Coating consistency	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Chicken	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	In correct service ware	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

DEMI-GLACE			
Colour	Dark in colour	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Coating consistency	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Meaty	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	In correct service-ware	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory

Comments:
Assessor signature: DATE:

ESPAGNOLE			
Colour	Dark in colour	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Coating consistency	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Meaty	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	In correct service-ware	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature: DATE:			

FISH STOCK			
Colour	Light / clear	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Liquid	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Full seafood flavour	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Fish and vegetable	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			

Assessor signature:	DATE:
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HOLLANDAISE			
Colour	Yellow / bright / glossy	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Coating	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Buttery and lemon	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Warm	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	In correct service-ware	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

MAYONNAISE			
Colour	Pale	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Oil / mustard and vinegar	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Cold	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	In correct service-ware	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

SEAFOOD BISQUE			
Colour		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth soup with seafood pieces	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Soup	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Tomato / Seafood	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	With bread and Rouille	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

STEWED TOMATO AND SAFFRON SAUCE			
Colour	Rich red	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Saucing	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Rich tomato and saffron	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Cold / warm	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	In correct service-ware	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

VEGETABLE AU GRATIN EN COCOTTE			
Colour	Vegetables are bright in colour / cheese caramelised	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Roasted vegetables / smooth mornay	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Mornay is smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory

Aroma	Cheese / vegetable	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation	On plate	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

VEGETABLE STOCK			
Colour	Light brown / clear	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Liquid	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Rich Vegetable	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Presentation		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	

VICHYSOISE			
Colour	Pale in colour	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Texture	Smooth	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Consistency	Soup	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Flavour	Seasoned well	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Aroma	Potato / onion / chicken	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Serving temperature	Hot <input type="checkbox"/> Cold <input type="checkbox"/>	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory

Presentation	On plate with garnish / sauce	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not yet satisfactory
Comments:			
Assessor signature:		DATE:	