

STEPS TO BETTER SOUP



Steps	
1. Start with aromatics.	An aromatic is any food item that enhances the flavor. Some examples include carrots, celery, chilies, cilantro, garlic, ginger, green pepper, onions, and herbs. Aromatics should be sautéed in oil or butter just until they begin to release fragrance and become translucent. The aromatic flavors should complement each other.
2. Add Other Vegetables and/or Meat	Chop vegetables to be the size you would like them on the spoon. Stagger the addition of vegetables based on their cooking time, with tender vegetables such as spinach, added last. The acid in tomatoes can keep beans and vegetables crunchy, so don't add them until the final 20 minutes of cooking. Add salty meats such as bacon near the end of the cooking time.
3. Add Liquid	Always use good stock or broth; its flavor will make or break your soup. Use approximately one cup of liquid per serving, a little more for a brothy soup and a little less for a hearty one.
4. Simmer Your Soup	Once the soup comes to a boil, reduce heat to a simmer and keep it there. If you boil the soup too vigorously, the result will be mushy vegetables, tough meat, and your noodles will break down.
5. Add Cream or Milk	Rich soups thickened with cream or milk can curdle. Too much direct heat will cause dairy to separate. Using full-fat dairy and also "tempering" it to warm up before adding it can help prevent curdling.
6. Finish with Herbs and/or Seasonings	Always add seasonings in small amounts and taste after each addition. Then adjust the flavorings to your taste. Add fresh herbs at the very end to have the greatest impact. If you add them too soon, their delicate aromas will cook away.
7. Choose a Garnish	Choose toppings that will contrast with the flavor and texture of the soup. For example: <ul style="list-style-type: none"> • Crunchy on smooth (croutons on a silky puréed soup) • Smooth on chunky (sour cream on chili) • Salty on sweet (crumbled prosciutto on sweet potato carrot soup)

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