



Culinary Institute  
of America

---

**Soups for all Seasons**

---

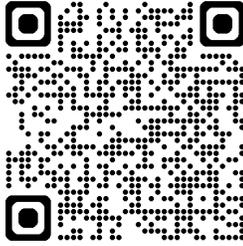
**WELCOME!**

---



CIAFOODIES.COM

Scan the QR code for a downloadable PDF file of your class course guide:



Copyright © 2026  
Culinary Institute of America  
All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America. Copying, duplicating, selling or otherwise distributing this product is hereby expressly forbidden except by prior written consent of the Culinary Institute of America.

# Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

## KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
  - **Green:** food scraps for compost
  - **Blue:** recyclables
  - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



## RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).

## FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
  - Touching hair, face, phone, pen, etc.
  - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.

## KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."



# TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Chicken Consommé

## TEAM ONE

Cream of Broccoli Soup

Shiitake Mushroom and Yukon Gold Potato Soup with Bacon

Shrimp and Andouille Gumbo

## TEAM TWO

Cream of Mushroom Soup

Onion Soup Gratinée

New England Clam Chowder

## TEAM THREE

Tortilla Soup

Salmon Miso Soup

Shrimp Bisque

## TEAM FOUR

Sweet Potato and Peanut Soup

Purée of Black Bean Soup

Goulash Soup

## EXTRA RECIPES

Chicken Stock

Vegetable Stock

# CHICKEN CONSOMMÉ

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Onion, yellow, medium	½ ea.
Egg, white,	5 ea.
Chicken, lean, ground	1 ½ lb.
Tomato, purée, canned	¼ cup
Onion, yellow, small diced	1 cup
Carrot, finely diced	⅓ cup
Celery, rib, finely diced	½ cup
Broth, chicken, cold	3 qt.

## **Method**

1. Using an open-flame grill or stovetop, apply direct, high heat to the surfaces of the onion half until it blackens. Let it cool for 5 minutes. Peel and discard the charred outer layers. Finely dice. Reserve.
2. In a medium bowl, place the egg whites. Whisk until frothy.
3. In a large pot, place the whisked egg whites, chicken, tomato, onions, carrots, and celery. Mix until combined.
4. Add the chicken broth. Mix to combine.
5. Place the pot over medium heat. Stir constantly until the temperature reaches 140°F. The egg-white proteins will coagulate and rise to the surface, forming a *raft*.
6. Lower the heat to medium-low, stop stirring, and maintain a gentle simmer. Using a fork, break a small hole into the raft. This lets the steam escape and allows you to see how fast the consommé is cooking. Small bubbles should be rising to the surface, but it should not reach a full boil.
7. Taste the consommé to determine flavor. Consommés generally reach a flavor peak after simmering for 1 to 1 ½ hours. The raft usually will not start to sink or break apart before then, unless it is cooking too quickly or too slowly. Some chefs suggest that you baste the raft occasionally for desired outcome.
8. Enlarge the hole in the raft so that you can fit a ladle through it easily. Ladle the consommé through a coffee filter or cheesecloth lined strainer. It is important to disturb the raft as little as possible so as not to cloud the consommé. It should be crystal clear, highly flavored, richly colored, and full bodied. It should now also be completely fat-free.
9. If time allows, chill the consommé, and remove the fat that solidifies on the surface. If not, drag strips of paper towel across the surface to pick up any droplets of fat.

**Note:** Many of the garnishes used for broths can also be used for consommés. Choose garnishes that won't cloud the consommé. Cook them separately if necessary and add them to individual portions just before serving.

# CREAM OF BROCCOLI SOUP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Broccoli, head	2 lb.
Oil, vegetable	¼ cup
Onion, yellow, medium, chopped	1 ¼ cups
Celery, chopped	½ cup
Leek, white and light green parts, chopped	1 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Flour, all-purpose	¼ cup
Broth, chicken	2 qt.
Cream, heavy, heated	½ cup
Nutmeg, fresh, grated	⅛ tsp.

## **Method**

1. Separate the broccoli into stems and florets. Trim away the tough outer parts of the stems. Reserve 1 cup of small florets for garnish. Coarsely chop the remaining broccoli florets and stems.
2. Heat the oil in a soup pot over medium heat. Add the onion, celery, leek, and chopped broccoli. Cook, stirring frequently, until the onion is translucent, 6 to 8 minutes. Do not let it brown. Season with salt and pepper to taste.
3. Add the flour. Mix well to incorporate. Cook, stirring frequently, for 3 to 4 minutes.
4. Gradually add broth while whisking to work out any lumps of flour. Bring it to a simmer and cook, stirring frequently, until the vegetables are tender, about 30 minutes.
5. Stir in the cream.
6. In a large pot, bring a ½ gallon of salted water to a boil. Add the reserved broccoli and boil until the florets turn bright green, 3 to 4 minutes. Transfer the florets to an ice bath. Drain and reserve warm.
7. Purée the soup with an immersion blender until smooth. Strain through a fine mesh sieve to remove any solids. Reheat at medium-low temperature.
8. Check and adjust for consistency. If the soup is too thick, add a little hot stock. If it is too thin, thicken with a little roux or cornstarch slurry.
9. Add the nutmeg. Season with salt and pepper to taste.
10. Serve in heated bowls, garnished with the reserved florets.

# SHIITAKE MUSHROOM AND YUKON GOLD POTATO SOUP WITH BACON

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, pancetta, finely chopped	2 wt. oz.
Carrot, diced	1/3 cup
Celery, diced	1/2 cup
Onion, yellow, diced	3/4 cup
Turnip, yellow, diced	1 1/2 cups
Mushroom, shiitake, sliced	2 cups
Potato, Yukon Gold, diced	2 1/2 cups
Stock, vegetable	6 cups
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Marjoram, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a soup pot over low heat, render the pancetta until all the fat is melted and the meat begins to crisp, 6 to 8 minutes.
2. Add the carrot, celery, onion, and turnip. Cover and cook until softened, about 3 minutes.
3. Add the mushrooms, potatoes, and stock. Bring it to a simmer and cook until the potatoes are tender, 10 to 12 minutes.
4. Add the parsley and marjoram. Season with salt and pepper to taste.
5. Serve in heated bowls.

# SHRIMP AND ANDOUILLE GUMBO

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	¼ cup
Flour, all-purpose	¼ cup
Broth, chicken	2 qt.
Bay leaf, dried	2 ea.
Shrimp, U21/26, peeled, deveined, diced	½ lb.
Pork, sausage, Andouille, diced	¼ lb.
Okra, trimmed, sliced ¼-in. thick	½ lb.
Chile, cayenne, ground	½ tsp.
Pepper, black, ground	¼ tsp.
Salt, kosher	to taste
Tabasco sauce	to taste
Filé powder (Optional)	2 tsp.
Boiled White Rice (Recipe follows)	4 cups

## **Method**

1. Heat the oil in a soup pot over high heat. Turn down the heat to medium-low. Add the flour. Cook, stirring frequently, until it turns dark brown and has an intensely nutty aroma, 10 to 15 minutes.
2. Gradually add the broth while whisking to work out any lumps of flour. Simmer, stirring frequently, for 15 minutes.
3. Add the bay leaves, diced shrimp, sausage, and okra. Cook until the okra is tender, about 15 minutes.
4. Remove and discard the bay leaves. Add the cayenne and black pepper. Season with salt and Tabasco sauce to taste.
5. Remove the soup from the heat. Gradually add the filé powder, if using.
6. Serve the gumbo in heated bowls, ladled over the Boiled White Rice.

# BOILED WHITE RICE

*Yield: 4 cups*

## **Ingredients**

Salt, kosher  
Rice, white

## **Amounts**

as needed  
1  $\frac{1}{3}$  cups

## **Method**

1. Bring a large pot of salted water to a boil.
2. Add the rice and stir once to prevent sticking. Boil, uncovered, until the rice is tender but not mushy, 10 to 15 minutes.
3. Drain the rice in a fine-mesh strainer.
4. Return the rice to the pot. Let it stand for 2 to 3 minutes to allow any excess moisture to evaporate.
5. Before serving, fluff the rice gently with a fork.

# CREAM OF MUSHROOM SOUP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	6 Tbsp.
Mushroom, button, chopped	8 cups
Celery, finely chopped	1 cup
Leek, white part only, thinly sliced	1 ¼ cups
Flour, all-purpose	½ cup
Broth, chicken	5 cups
Thyme, sprig, fresh	1 ea.
Butter, unsalted	1 Tbsp.
Mushroom, cremini, sliced	1 cup
Cream, heavy, heated	1 ½ cups
Lemon, juice, fresh	to taste
Salt, kosher	to taste
Pepper, white, ground	to taste

## **Method**

1. In a soup pot over medium heat, melt the butter. Add the chopped button mushrooms, celery, and leek. Cook, stirring frequently, until the vegetables are softened, 6 to 8 minutes.
2. Add the flour. Cook, stirring constantly, for 3 to 4 minutes.
3. Gradually add the broth while whisking to work out any lumps of flour. Add the thyme. Bring it to a simmer and cook for 30 minutes.
4. Melt the butter in a skillet over medium heat. Add the sliced cremini mushrooms. Sauté until cooked through, about 5 minutes. Remove from the heat and reserve.
5. Remove and discard the thyme from the soup. Purée the soup with an immersion blender. Strain through a cheesecloth or a fine mesh sieve.
6. Return the soup to the pot and place over low heat. Add the heavy cream. Season with lemon juice, salt, and pepper to taste. Heat until the soup is warmed through, but do not let it boil.
7. Serve in heated bowls, garnished with the reserved cremini mushrooms.

# ONION SOUP GRATINÉE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	¼ cup
Onion, yellow, thinly sliced	6 cups
Garlic, minced	1 tsp.
Wine, sherry	½ cup
Stock, chicken, heated	1 ½ qt.
Parsley, flat-leaf, stem, fresh	4 ea.
Thyme, dried	½ tsp.
Tarragon, dried	½ tsp.
Bay leaf, whole, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, slice	8 ea.
Cheese, Gruyère, grated	1 cup

## **Method**

1. Heat the oil in a soup pot over medium-low heat. Add the onions. Without stirring, sauté until the onions begin to brown on the bottom, about 15 minutes.
2. Increase the heat to medium. Cook, stirring occasionally, until the onions are deeply caramelized, 20 to 25 minutes. If the onions begin to scorch, stir more frequently and remove any browned bits from the bottom of the pan.
3. Add the garlic. Cook for 1 minute.
4. Carefully add the sherry. Simmer until the liquid has nearly evaporated, 2 to 3 minutes.
5. For the spice sachet (*sachet d'épices*), place the parsley, thyme, tarragon, and bay leaf in the middle of a square cheesecloth. Bring the corners together and tightly tie closed with a piece of cooking twine.
6. Add the sachet and broth to the pot. Simmer, skimming the surface as needed to remove any fat, 30 to 45 minutes. Remove the sachet and discard. Season with salt and pepper.
7. Preheat oven to 350°F. Bring 2 quarts of water to a boil.
8. Ladle the soup into individual oven-proof soup crocks. Place a slice of bread on top of each crock. Sprinkle generously with grated cheese, ensuring the bread is completely covered, and the cheese reaches the edge of the crock.
9. Set the soup crocks in a baking dish and add enough boiling water to reach ⅔ up the sides of the crocks. Bake until the soup is thoroughly heated, and the cheese is lightly browned, 10 to 15 minutes. Serve immediately.

**Note:** The bread can also be baked separately. Top each slice with the grated cheese and bake in the 350°F oven until golden brown. Remove and reserve.

# NEW ENGLAND CLAM CHOWDER

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Clam, chowder	36 ea.
Pork, bacon, slice, minced	2 ea.
Onion, yellow, diced	1 ¼ cups
Celery, diced	1 cup
Garlic, chopped	2 tsp.
Thyme, sprig, fresh	2 ea.
Flour, all-purpose	2 Tbsp.
Clam, juice, bottled	2 cups
Potato, yellow, peeled, diced	4 cups
Cream, heavy	3 cups
Wine, sherry, dry	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste
Worcestershire sauce	to taste
Lemon, juice, fresh	to taste
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Crackers, oyster	as needed

## **Method**

1. Scrub the clams well under running water. Place them in a pot and add just enough water to cover. Boil until the shells open, 10 to 12 minutes.
2. Remove the clams from the pot, discarding any that have not opened. Reserve the cooking liquid. Let the clams cool until they can be easily handled. Chop and reserve.
3. In a soup pot over medium heat, cook the bacon until lightly crisp, about 7 minutes.
4. Add the onion and celery. Cook, stirring occasionally, until the onion is translucent, 4 to 6 minutes.
5. Add the garlic, thyme, and flour. Cook over low heat while stirring with a wooden spoon, 2 to 3 minutes.
6. Combine the reserved clam cooking liquid with enough clam juice to make 2 ½ cups. Whisk the juice into the pot. Bring it to a simmer and cook, whisking constantly, for 5 minutes. The liquid should be the consistency of heavy cream. If it is too thick, add more clam juice.
7. Add the potatoes and cream. Simmer until the potatoes are tender, about 20 minutes.
8. Add the reserved clams. Simmer for 5 minutes.
9. Stir in the sherry. Season with salt, pepper, Tabasco, Worcestershire, and lemon juice to taste.
10. Serve in heated bowls. Garnish with the parsley. Serve with the crackers on the side.

# TORTILLA SOUP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, breast	12 wt. oz.
Stock, chicken	6 cups
Tortilla, corn	4 ea.
Oil, vegetable	2 tsp.
Onion, yellow, finely grated	1 cup
Garlic, finely minced	2 tsp.
Chili powder, mild	1 ½ tsp.
Cumin, dried, ground	1 tsp.
Cilantro, leaves, fresh, chopped	1 Tbsp.
Tomato, purée	¾ cup
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Cheddar, grated	½ cup
Avocado, diced	1 cup
Cilantro, fresh, chiffonade	½ cup
Lime, cut into wedges	2 ea.

## **Method**

1. Place the chicken in a Dutch oven. Add enough stock to cover the chicken by 1 inch. Heat over medium-high heat until just below boiling. Lower the heat to a simmer. Poach the chicken until it reaches an internal temperature of 165°F, 10 to 12 minutes.
2. Transfer the chicken to a plate. Cover it with plastic and let it cool. Reserve the stock.
3. Using two forks, shred the chicken breast. Reserve and keep warm.
4. Preheat oven to 300°F.
5. Cut the tortillas into matchsticks. Place them in an even layer on a baking sheet. Toast in the preheated oven for 15 minutes. Reserve about ½ cup of the toasted strips for a garnish. Crush the remainder in a plastic bag with a mallet.
6. Heat the oil in a soup pot over medium heat. Add the onion and garlic. Cook, stirring frequently, until they have a sweet aroma, 5 to 6 minutes.
7. Add the crushed tortillas, chili powder, and cumin. Cook for 3 minutes.
8. Add the cilantro and tomato purée. Cook for 2 minutes.
9. Add the reserved stock and bay leaf. Stir well and simmer for 25 to 30 minutes.
10. Purée with an immersion blender until smooth. Season with salt and pepper to taste.
11. To serve, ladle the soup into soup cups. Garnish with the Cheddar cheese, avocado, and cilantro. Serve with lime wedges on the side.

# SALMON MISO SOUP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	1 tsp.
Egg, whole, lightly beaten	1 ea.
Oil, vegetable	2 tsp.
Ginger, fresh, minced	½ tsp.
Scallion (Green onion), greens, thinly sliced (Divided)	3 Tbsp.
Carrot, diced	¼ cup
Daikon, diced	¼ cup
Broth, chicken	1 ½ qt.
Miso, yellow ( <i>Shinsu</i> )	5 Tbsp.
Dashi, instant	2 ¼ tsp.
Seaweed, wakame, dried, broken into 1-in. pieces (Optional)	¼ cup
Tofu, soft, diced	1 cup
Salmon, boneless, skinless, 3 oz., diced	½ cup
Oil, sesame, dark	2 ¼ tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. Heat the oil in a nonstick omelet pan or small skillet over medium-low heat. Add the egg. Cook until set on the bottom, about 1 minute. Flip the omelet and cook until completely set, 1 to 2 minutes. Transfer the omelet to a cutting board, dice, and reserve.
2. Heat the oil in a large wok over medium-high heat. Add the ginger and 1 ½ tablespoons of the scallion. Stir fry for 30 seconds.
3. Add the carrots and daikon. Stir fry until tender, about 3 minutes.
4. Add the broth, miso, and dashi. Stir to combine.
5. Add the seaweed (if using) and bring the soup to a simmer.
6. Add the tofu, salmon, sesame oil, and pepper. Simmer until the salmon is just cooked, about 1 minute.
7. Serve in heated bowls, garnished with the remaining scallions and reserved diced omelet.

# SHRIMP BISQUE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Shrimp, U21/26, shell-on	2 lb.
Broth, fish	8 cups
Oil, vegetable	¼ cup
Shallot, minced	1 Tbsp.
Leek, white part only, thinly sliced	1 cup
Celery, thinly sliced	½ cup
Onion, yellow, thinly sliced	1 ¼ cups
Tomato, plum (Roma), purée	½ cup
Paprika, sweet, dried	1 Tbsp.
Brandy	¼ cup
Wine, white, dry	½ cup
Peppercorns, black, whole	4 ea.
Bay leaf, dried	½ ea.
Parsley, flat-leaf, stems, fresh	3 ea.
Thyme, sprig, fresh	1 ea.
Rice, white, long-grain	1 cup
Cream, heavy, heated	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	1 pinch
Lemon, juice, fresh	to taste
Parsley, flat-leaf, fresh, chopped	as needed

## **Method**

1. Remove the shells from the shrimp and reserve the shells. To de-vein the shrimp, use a small knife to make a shallow cut along the back of the shrimp to expose and remove the vein.
2. In a large pot over low heat, add the fish broth. Bring it to a simmer. Add the shrimp and poach until opaque, 3 to 5 minutes.
3. Transfer the shrimp to an ice bath until cool. Drain, dice the shrimp, and reserve.
4. Heat the oil in a soup pot over medium heat. Add the reserved shrimp shells. Cook until they develop a deep red color, about 10 minutes.
5. Add the shallots, leek, celery, and onion. Cook until they soften, 4 to 6 minutes.
6. Add the tomato purée and paprika. Cook until the purée darkens, about 3 minutes.
7. Add the brandy. Let the liquid boil until nearly dry.
8. Add the wine. Simmer for 3 minutes.

9. For the *sachet d'épices*, place the peppercorns, bay leaf, parsley, and thyme in a square of cheesecloth. Bring the corners together and tie it together with cooking twine.
10. Add the sachet, broth, rice, and cream to the pot. Simmer until the rice is very tender, 30 minutes.
11. Discard the sachet. Purée the bisque (including the shells) with an immersion blender. Strain the soup through a fine sieve into a clean soup pot. Return it to a simmer and blend well.
12. Add the chile. Season with salt, pepper, and lemon juice to taste.
13. Heat the reserved diced shrimp over low heat in a small amount of bisque. Divide the shrimp among 8 heated bowls. Ladle the bisque over the shrimp and top with parsley.

# SWEET POTATO AND PEANUT SOUP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	3 Tbsp.
Celery, coarsely chopped	½ cup
Onion, yellow, coarsely chopped	1 ¼ cups
Garlic, minced	1 tsp.
Leek, white and light green parts, coarsely chopped	¾ cup
Potato, sweet, peeled, sliced ⅓-in. thick	3 cups
Stock, chicken	1 qt.
Peanut, butter, creamy	3 Tbsp.
Cinnamon, stick	¼ ea.
Peanuts, whole, toasted	¾ cup
Cream, heavy (Divided)	1 ¼ cups
Salt, kosher	to taste
Molasses	2 Tbsp.
Nutmeg, fresh, grated	to taste
Salt, kosher	⅛ tsp.
Peanuts, chopped	as needed

## **Method**

1. Preheat oven to 275°F.
2. Melt the butter in a soup pot over medium heat. Add the celery, onion, garlic, and leek. Mix to coat evenly with the butter. Cook, stirring frequently, until the vegetables are softened, 4 to 6 minutes.
3. Add the sweet potatoes, stock, peanut butter, and cinnamon stick. Bring it to a simmer and cook until the potatoes are fully tender, about 25 minutes.
4. Spread the peanuts in a single layer on a baking sheet. Toast in the preheated oven until light brown, 5 to 10 minutes. Shake the pan occasionally, being careful not to allow the nuts to burn. Cool, chop coarsely, and reserve.
5. Remove the cinnamon stick from the soup and discard. Purée the soup with an immersion blender. Strain it through a fine mesh sieve.
6. Return the soup to the soup pot and place it over low heat. Add ½ cup of the cream. Season with salt and pepper to taste. Keep it warm, but do not boil.
7. In a small bowl, place the remaining ¾ cup of cream, molasses, nutmeg, and salt. Whisk until stiff peaks form.
8. Serve the soup in heated bowls, garnished with the whipped cream and chopped peanuts.

## PURÉE OF BLACK BEAN SOUP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, black, dried	1 lb.
Oil, olive, pure	1/3 cup
Pork, bacon, slice, chopped (Optional)	4 ea.
Garlic, minced	1 1/3 Tbsp.
Leek, white and green parts, finely diced	2 1/2 cups
Onion, yellow, finely diced	1 1/4 cups
Stock, chicken	2 qt.
Cumin, seeds	1 tsp.
Ginger, fresh, 1-in. slice	1 ea.
Chile, cayenne, dried	1 ea.
Parsley, flat-leaf, stems, fresh	5 ea.
Lemon, juice, fresh	2 Tbsp.
Lemon, zest, grated	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sour cream	1 cup
Tomato, plum (Roma), diced	1/2 cup
Scallion (Green onion), greens, sliced	1/3 cup
Wine, sherry, dry (Optional)	1/3 cup

### **Method**

1. Sort the beans, discarding any stones, and place them in a large pot. Add enough water to cover the beans by at least 3 inches. Bring it to a boil.
2. Remove the pot from the heat. Cover it with a lid and soak the beans for 1 hour. Drain, rinse in cold water, and reserve.
3. Heat the olive oil in a soup pot over medium heat. Add the bacon and cook until crisp, 5 to 7 minutes.
4. Add the garlic, leeks, and onions. Cover the pot and cook, stirring occasionally, until the vegetables are translucent, about 10 minutes.
5. For the *sachet d'épices*, place the cumin seeds, ginger, cayenne, and parsley in the middle of a square of cheesecloth. Bring the corners together and tie it closed with cooking twine.
6. Add the beans, stock, and sachet to the soup pot. Simmer, covered, over medium-low heat until the beans are tender, 1 to 1 1/2 hours. Stir the bottom of the pot occasionally to prevent the beans from sticking. If it becomes too dry, add more hot stock.
7. Remove and discard the sachet. Purée the soup with an immersion blender. Bring the soup back to a simmer over medium-low heat. If it is too thick, add more broth and stir well.

8. Just before serving, stir in the lemon juice and zest. Season with salt and pepper to taste.
9. Serve in heated bowls, garnished with the sour cream, tomato, and scallions. Top each bowl with 1 tablespoon of the sherry, if desired.

# GOULASH SOUP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, salt pork, minced	6 Tbsp.
Beef, chuck, medium diced	1 lb.
Onion, yellow, finely diced	2 ½ cups
Vinegar, wine, red	2 Tbsp.
Flour, all-purpose	2 Tbsp.
Paprika, hot, dried	1 Tbsp.
Tomato, purée, canned	¾ cup
Broth, beef	1 qt.
Caraway, seeds	1 tsp.
Marjoram, dried	1 tsp.
Thyme, dried	1 tsp.
Parsley, flat-leaf, stems, fresh	4 ea.
Garlic, clove, peeled	2 ea.
Bay leaf, dried	1 ea.
Potato, yellow, peeled, med. diced	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), green only, finely sliced	¼ cup

## **Method**

1. In a soup pot over medium heat, place the salt pork. Sauté until the bits of pork are crisp, and the fat has rendered, 4 to 5 minutes.
2. Add the beef. Sauté in the rendered fat until it begins to brown, 3 to 4 minutes.
3. Add the onions, cover, and sweat until translucent, 8 to 10 minutes.
4. Add the vinegar. Boil over high heat until the liquid begins to reduce, about 2 minutes.
5. Lower the heat to medium. Add the flour and stir with a wooden spoon for 1 minute.
6. Stir in the paprika and tomato purée. Mix thoroughly. Cook for 2 to 3 minutes.
7. For the *sachet d'épices*, place the caraway seeds, marjoram, thyme, parsley, garlic, and bay leaf in the middle of a square of cheesecloth. Bring the corners of the cheesecloth together and tie it tightly closed with a piece of cooking twine.
8. Add the sachet and broth. Simmer until the meat is almost tender, about 30 minutes.
9. Add the potatoes. Simmer until tender, about 20 minutes.
10. Remove and discard the sachet. Remove any fat on the surface of the soup with a shallow spoon. Season with salt and pepper to taste. Garnish with the sliced scallions.

**Note:** Slab bacon or fatback can be substituted for the salt pork.

# CHICKEN STOCK

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, bones, meaty, cut into 3-inch lengths	8 lb.
Water, cold	6 qt.
Parsley, flat-leaf, stem, fresh	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove, medium	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Onion, yellow, medium diced	8 wt. oz.
Carrot, medium diced	4 wt. oz.
Celery, medium diced	4 wt. oz.

## **Method**

1. Rinse the chicken bones under cold running water. Transfer to a stockpot. Add enough cold water to cover the bones by about 2-inches.
2. Over medium heat, slowly bring the stock to a simmer. Simmer for 3 to 4 hours, skimming the surface as necessary.
3. For the *sachet d'épices*, place the parsley, bay leaf, garlic, thyme, and peppercorns in the middle of a square of cheesecloth. Bring the corners of the cheesecloth together and tie it closed tightly with a piece of cooking twine.
4. Add the sachet, onion, carrot, and celery. Simmer, skimming as necessary and tasting occasionally, for 1 hour.
5. Strain the stock through a fine mesh sieve or colander lined with a rinsed cheesecloth.
6. The stock can be used now, or it may be properly cooled, labeled, and stored.

# VEGETABLE STOCK

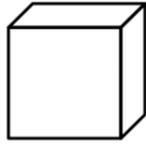
*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	2 fl. oz.
Onion, yellow, sliced	16 wt. oz.
Leek, chopped	8 wt. oz.
Celery, chopped	8 wt. oz.
Pepper, bell, red, trim	4 wt. oz.
Carrot, chopped	8 wt. oz.
Mushroom, cremini, trim	4 wt. oz.
Tomato, chopped	4 wt. oz.
Garlic, clove, crushed	6 ea.
Water	6 qt.
Garlic, clove	2 ea.
Peppercorns, black	10 ea.
Thyme, sprigs, fresh	3 ea.
Parsley, flat-leaf, stems, fresh	5 ea.

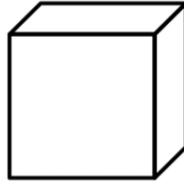
## **Method**

1. Heat the oil in a large stock pot over medium heat. Add the onion, leek, celery, bell pepper, carrot, mushroom, tomato, and garlic. Sweat until aromatic, about 10 minutes.
2. For the *sachet d'épices*, place the garlic, peppercorns, thyme, and parsley in the middle of a square of cheesecloth. Bring the corners together and tie it closed with cooking twine.
3. Add the water and the sachet. Simmer for 35 minutes.
4. Strain the stock through a fine mesh sieve or colander lined with rinsed cheesecloth.
5. The stock can be used now, or it may be properly cooled, labeled, and stored.

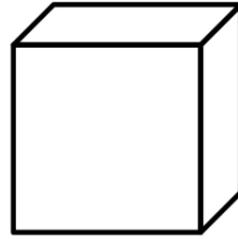
# BASIC KNIFE CUTS



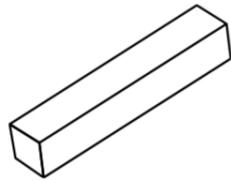
**Small Dice**  
1/4" cube



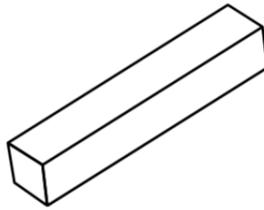
**Medium Dice**  
1/2" cube



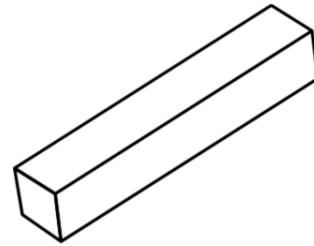
**Large Dice**  
3/4" cube



**Fine Julienne**  
1/16" sq x 2 inch



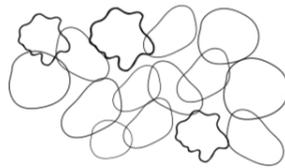
**Julienne**  
1/8" sq x 2 inch



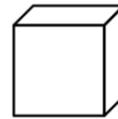
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



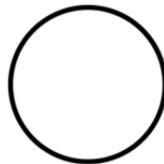
**Chop**  
1/8"-1/4" cube



**Brunoise**  
1/8" cube (fine dice)



**Bias**  
diagonal cut



**Rondelle**  
1-8"-1/2" round



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

<b>1 gram (g)</b>	=	1/28 oz. (or 0.035 oz.)
<b>½ ounce (oz.)</b>	=	14 g
<b>1 ounce</b>	=	28.35 g. (approx. 30 g)
<b>2 ounces</b>	=	56 g. (approx. 60 g)
<b>4 ounces</b>	=	110 g
<b>6 ounces</b>	=	170 g
<b>8 ounces</b>	=	225 g
<b>12 ounces</b>	=	340 g
<b>1 pound (16 oz.)</b>	=	453.6 g (454 g)
<b>1 kilogram (kg)</b>	=	2.21 lb.
<b>1 liter</b>	=	35 fl. oz. (1 ¾ pt.)

## METRIC CONVERSION TABLE

To Change...	To...	Multiply by
<b>Pounds (lb.)</b>	Grams (g)	453.6
<b>Ounces (oz.)</b>	Grams (g)	28.35
<b>Pounds (lb.)</b>	Kilograms (kg)	.45
<b>Teaspoons (tsp.)</b>	Milliliters (ml)	5
<b>Tablespoons (Tbsp.)</b>	Milliliters (ml)	15
<b>Fluid Ounces (fl. oz.)</b>	Milliliters (ml)	30
<b>Cups</b>	Liters (l)	.24
<b>Pints (pt.)</b>	Liters (l)	.47
<b>Quarts (qt.)</b>	Liters (l)	.95
<b>Gallons (gal.)</b>	Liters (l)	3.8
<b>Temperature (°F)</b>	Temperature (°C)	5/9 after subtracting 32*

\*Example: 9°F above boiling equals 5°C above boiling.

## TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

## US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

## VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

## RECIPE YIELD

Original	Cut in Half	Cut in Third
<b>1 cup</b>	½ cup	⅓ cup
<b>¾ cup</b>	6 Tbsp.	¼ cup
<b>⅔ cup</b>	⅓ cup	3 Tbsp. + 1 ½ tsp.
<b>½ cup</b>	¼ cup	2 Tbsp. + 2 tsp.
<b>⅓ cup</b>	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
<b>¼ cup</b>	2 Tbsp.	1 Tbsp. + 1 tsp.
<b>1 Tbsp.</b>	1 + ½ tsp.	1 tsp.
<b>1 tsp.</b>	½ tsp.	⅓ tsp.
<b>½ tsp.</b>	¼ tsp.	⅛ tsp.
<b>¼ tsp.</b>	⅛ tsp.	dash

These materials were developed at the Culinary Institute of America.

Recipes sourced from the CIA publication *The Book of Soups*

Soups for all Seasons Course Guide v.250.docx

Copyright © 2026  
Culinary Institute of America  
All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America.  
Copying, duplicating, selling, or otherwise distributing this product is hereby expressly  
forbidden except by prior written consent of the Culinary Institute of America.