

Stocks

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

What Are Stocks?

1. Stock: _____

2. Base: _____

Stock Composition

1. Nourishing Element: _____

2. Mirepoix: _____

3. Bouquet Garni: _____

4. Liquid: _____

Types of Stocks

1. White Stock: _____

2. For the best flavor, simmer stock:

Fish Bones	_____ minutes
Chicken Bones	_____ hours
Beef or Veal Bones	_____ hours

3. Brown Stock: _____

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Sauces

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

What are Sauces?

1. Sauce: _____

2. Liquid Ingredients: _____

Examples: _____

3. Seasonings and Flavorings: _____

Examples: _____

4. Thickening Agents: _____

Examples: _____

Mother Sauces

1. Sauce Espagnole: _____

2. Tomato Sauce: _____

3. Béchamel Sauce: _____

4. Velouté: _____

5. Hollandaise Sauce: _____

Other Sauces

1. _____

4. _____

2. _____

5. _____

3. _____

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Stocks, continued

4. Fish Stock: _____

5. Fumet: _____

6. Vegetable Stock: _____

Glazes

1. Glaze: _____

2. Reduction: _____

Cooling and Storing Stocks

1. _____

2. _____

3. _____

4. Refrigerated Storage: _____

5. Removing Fat Layer: _____

Sauces, continued

Preparing Roux

1. _____
2. _____
3. _____
4. _____
5. Method A: _____
6. Method B: _____

Roux Tips

1. _____
2. _____
3. _____
4. _____

Soups

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Types of Soups

1. _____
2. _____
3. _____

Clear Soups

1. _____
2. Consommé: _____

Thick Soups

1. Purée Soups: _____
2. Cream Soups: _____

Specialty Soups

1. Bisques: _____
2. Cold Soups: _____
3. Chowders: _____
4. International Soups: _____

Making Clear Soups

1. _____
2. _____
3. _____
4. _____
5. _____

Making Thick Soups

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

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Soups, continued

Making Cream Soups

1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____
8. _____

Presenting Soups

1. _____

2. _____

3. _____

4. _____

5. _____

Garnishing Soups

1. _____

2. _____

3. _____

4. _____

5. _____
