



## Introduction to Stocks and Soups How to Make Healthy Soups and Stocks (Paperback)

By Dueep J Singh, John Davidson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Introduction to Stocks and Soups - Learning more about Healthy Soups and Stock Making Table of Contents Introduction What Goes in the Stockpot How to Prevent Stock from Turning Sour How to Make Good Stock Brown Stock White Stock How to make A Meat Glaze Making Perfect Soup Soup Classifications Food Value of Thick and Clear Soups Essentials of a Well-Prepared Soup Why Does the Consistency Vary? Color Liaison Varieties of Liaison Tips When Using Liaisons Roux Proportions of Ingredients for Liaison Consomme Broth Blanching Traditional Mutton Broth Purees Vegetable Purees Pulse purees Pea or Lentil Soup Thick Soups Cream Soups Tapioca Soup Bisques Lobster Bisque How to Sieve Soup Properly Conclusion Author Bio- Introduction Nobody knows when human beings began to make stocks and soups from meat and vegetables. This secret is lost in the mist of the ages. Stock is a liquid which is obtained when you boil vegetable or meat over heat for a long time. This is going to contain some of the most important and soluble nutrients and flavoring constituents of the foods...

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