**Chef: Name Week 3 1 Vegetable Preparation/Soup Date: Month/Day/2020**

**Student Name + Number:**

**Brown Beef Stock, Chicken Stock, Clear Vegetable Soup**

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| **Market List**  30 g butter  180+150+130g onions  40 leek  125+80+60 carrots  125+80+60 Celery  100g turnip  ½ clove garlic  3 stalks parsley  2 plum tomatoes  80 peas | | **Ingredients**  **Clear Vegetable Soup**  30g Butter  180g Onions  40g Leek  125g Carrots  125g Celery  100g Turnip  ½ clove Garlic  3 Stalks Parsley  1 ½ L Chicken Stock  2 each Plum tomatoes  80g Peas  **Brown beef stock**  1.5 kg Beef Bones  1 kg Veal bones  150g Onions  80g Carrots  80g Celery  60g Tomato Paste  **Chicken Stock**  2 kg Chicken bones  125g Onion  60g Carrot  60g Celery  60g Leek, white part only  4 L Water  Spice bag | **Equipment List**  Oven  Roasting Pan  Tongs  Wooden Spoon  Colander  Conical Strainer  Stock Pot  Ladle  Cheese cloth  Saucepan  Chef’s Knife  Peeler  Paring knife  2 Tasting Spoons  Cutting Board  Plastic containers |
| **1.00 to 1.10** | Preheat oven to 400⁰ F, wash chicken bones, place chicken bones in stockpot & cover with cold water, add to heat carefully not to boil, skim regularly | | |
| **1.10 to 1.25** | Place Beef & Veal bones in roasting pan, then place in preheated oven, while roasting, process mirepoix for both chicken stock & beef stock, make sachet for chicken stock & Clear Soup | | |
| **1.25 to 1.30** | Check Beef & Veal bones to make sure they are light brown, then add mirepoix, once chicken stock is brought up to a simmer & skimmed add mirepoix & sachet | | |
| **1.30 to 1.35** | Start to process all vegetables for clear vegetable soup | | |
| **1.35 to 1.40** | Check roasting pan with bones and mirepoix, add tomato paste, cook for 3 minutes, remove bones and deglaze, FINISHED | | |
| **1.40 to 2.20** | Finish processing vegetables | | |
| **2.20 to 2.30** | Skim fat, one last time, strain through conical strainer with cheesecloth, reduce stock to 1.5 litres, clean all dishes & station | | |
| **2.45 to 3.00** | Cook vegetables, careful not to overcook, skim & check seasoning, &remove sachet gather plates for presentation | | |
| **3.00 to 3.20** | Clean entire station, bowls, knives and dirty pots | | |
| **3.35 to 4.30** | Preheat bowl in oven, finish soup with tomatoes, parsley, & peas, adjust seasoning (Taste), then present | | |
| **4.30 to 4.45** | Downsize leftover ingredients to return to ICC, clean all pots, complete job duties, put knives away, & wait for chef to debrief then go home | | |