**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 butter180+150+130g onions40 leek125+80+60 carrots125+80+60 Celery100g turnip½ clove garlic3 stalks parsley2 plum tomatoes80 peas | **Ingredients****Clear Vegetable Soup**30g Butter180g Onions40g Leek125g Carrots125g Celery100g Turnip½ clove Garlic3 Stalks Parsley1 ½ L Chicken Stock2 each Plum tomatoes80g Peas**Brown beef stock**1.5 kg Beef Bones1 kg Veal bones150g Onions80g Carrots80g Celery60g Tomato Paste**Chicken Stock**2 kg Chicken bones125g Onion60g Carrot60g Celery60g Leek, white part only4 L WaterSpice bag | **Equipment List**OvenRoasting PanTongsWooden SpoonColanderConical StrainerStock PotLadleCheese clothSaucepanChef’s KnifePeelerParing knife2 Tasting SpoonsCutting BoardPlastic 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 |