**SAUCES, SOUPS AND SALADS STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_**

**Mother Sauces**

1. There are five Mother sauces used in standard home and restaurant cooking:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Mother Sauce – *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

1. A *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* made from milk or cream and thickened with a *\_\_\_\_\_\_*
2. Roux – Equal parts *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Often served with *\_\_\_\_\_\_\_\_\_\_\_\_\_,* vegetables, eggs or \_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Secondary sauces made from a béchamel sauce include:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Mother Sauce - *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

1. Made from veal, *\_\_\_\_\_\_\_\_* or fish stock and a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Often served with lighter dishes such as *\_\_\_\_\_\_\_\_\_\_*, fish, pasta, or poultry.
3. Secondary sauces made from veloute sauce:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Mother Sauce - *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

1. Often referred to as *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Uses a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, such as beef, as a base and is thickened with a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
3. Often flavored with aromatics, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, or tomato paste.
4. Commonly served with *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, such as beef, veal, lamb or duck.
5. Secondary sauces made from espagnole sauce:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Mother Sauce – *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

1. Made with sautéed aromatic *\_\_\_\_\_\_\_\_\_\_\_\_* and a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Red sauces have a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and are thickened with *\_\_\_\_\_\_\_\_\_\_\_\_*, by reduction, or a roux.
3. Red sauces can be served with nearly everything, including pasta, vegetables, *\_\_\_\_\_\_\_\_*, beef, *\_\_\_\_\_\_\_\_,* poultry, or polenta.

**Mother Sauce – *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

1. Made by *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* with melted butter and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* over a double boiler.
2. Rich and creamy sauce that uses *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and is thickened through the science of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Often flavored with peppercorns, cayenne, lemon, or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. Often served with eggs (*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*), vegetables or poultry.

**Cream Based Soups**

1. The *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for a béchamel sauce is a *\_\_\_\_\_\_\_\_*.
2. Roux used in a béchamel sauce is a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. The white roux is cooked until the raw *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* (3 to 5 minutes).

**Stock Based Soup**

1. Combine the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ingredient (meat, poultry, fish or vegetables) and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Bring to a boil and then *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* until the stock *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, body and color.
3. Some stocks may take up to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to properly cook.
4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* as necessary.
5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is often used in stock based soup.
	1. 50% *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. 25% *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. 25% *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
6. Add the mirepoix and aromatics at the appropriate time, usually during the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
7. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, then use immediately, or cool and store.

**Storage of Soups**

1. Divide soup into smaller portions and place the smaller (*\_\_\_\_\_\_\_\_\_\_\_\_\_)* containers into the refrigerator.
2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* so that each container cools at the same rate.
3. Soup can also be cooled by placing the soup into an *\_\_\_\_\_\_\_\_\_\_\_*, stirring often, and then placing it into the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*when it has cooled to room temperature.

**Nutrients Found in Soups**

1. Soups can be a healthy *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* that incorporates a variety of guidelines from each area of MyPlate.
2. Protein
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. Vitamins and Minerals
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
4. Carbohydrates
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Salad Dressings**

1. There are two classifications of salad dressings:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Vinaigrette is made with *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Usually in a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and seasonings.
4. Most *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. An emulsion is a mixture of two liquids that *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
6. Vinaigrette is a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, one that quickly separates.
7. That is why it is necessary to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* dressings before using them.
8. A *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is a mix of liquids that *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* because there is an emulsifier added.
9. An *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*is a substance that keeps the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
10. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is an effective emulsifier.
11. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*is a thick, creamy dressing that is a \_\_\_\_\_\_\_\_\_\_\_\_\_ *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* of oil, vinegar or lemon juice, egg yolk and seasonings.
12. Mayonnaise based dressing uses *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*and seasonings.

**Freshness of Salads**

1. The ingredients in a salad should be as *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Crisp up greens by *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Drain well and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*with a dry paper towel.
3. It is best to not wash until *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. If it must be washed before use, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* wrapped in a dry paper towel.
4. Do not *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* or greens become *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. Never *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Color of Salads**

1. Choose vegetables that will give a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to the salad.
2. This will increase the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* of the salad.

**Texture of Salads**

1. Choose vegetables that will give a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, soft, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, rough
3. Adding texture to a salad will increase its *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Serving of Salads**

1. Ingredients should be:
	1. Well *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. Cut into *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Prepared *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. Salad dressings should be put on the salad *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. Creativity and presentation help make salads *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. Salads can be served:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* = Mixed
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* = Placed in an attractive pattern
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*= Placed in layers
	4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*= Held together by a thick dressing
6. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*the bowl or plate in the refrigerator helps the salad *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for serving and eating.

**Nutrients Found in Salads**

1. Carbohydrates and Fiber
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Fats
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. Protein
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
4. Vitamins, Minerals and Water
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Types of Salads**

1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Salad
	1. Small, light salad *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	2. Made from *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Salad
	1. Served with and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
	2. *\_\_\_\_\_\_\_\_\_\_\_\_\_* with the rest of the meal in color, flavor and texture.
	3. Made of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Salad
	1. Large salad that *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. Substantial and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Salad
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* the main course.
	2. May be *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, molded or frozen using gelatin or fruit.
	3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is usually the dressing.
5. Which types of salads could be used with:
	1. Pasta
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. Gelatin
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. Protein
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. Vegetable
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	5. Fruit
		1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*