Culinary 1 · Unit 7 · Level 1

Roux, Mirepoix & Soup



TODAY'S PLAN

- 🧈 Roux
- 🥕 Mirepoix
- 🥛 White Sauce
- 🥣 Soup
- ⭐ Great Job

Last Time

Last Time



👉 Hold food with **the claw**. 🐾

👉 A **sharp** knife is safe. ✨

Learn

Roux

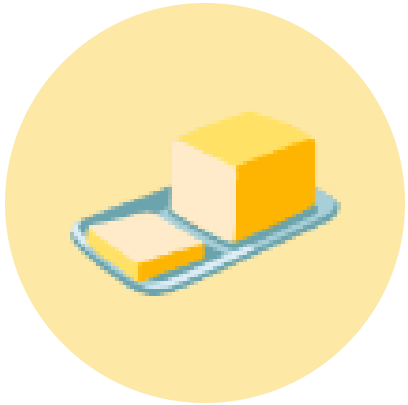
🧈 **Butter** + 🌾 **flour**.

🔥 Cook and stir.

🥣 It makes soup **thick**.



Check 1 of 3



A roux is butter and…

Point to the picture!

Sugar

Flour

✅ Answer · Card 1 of 3



Flour

Roux = butter + flour.

Learn

Roux Colors

⚪ Short time = **white**.

🟤 Long time = **brown**.



Learn

Mirepoix



🧅 Onion, 🌱 celery, 🥕 carrot.

😋 They add **flavor**.

🃏 Check 2 of 3



Which one is in mirepoix?

Point to the picture!

🥕 Carrot

🍌 Banana

✅ Answer · Card 2 of 3



Carrot

Mirepoix = onion, celery, carrot.

Learn

White Sauce

🧈 Roux + 🥛 milk = white sauce.

🧀 Add cheese = mac and cheese!



Learn

Keep Stirring!



🔥 Milk **burns** fast.

🥄 **Whisk** all the time.

⬇️ Low heat.

🃏 Check 3 of 3



Milk on the stove. You…

Point to the picture!

🥄 Whisk all the time

🚶 Walk away

✅ Answer · Card 3 of 3



Whisk all the time

Keep whisking so the milk won't burn.

🎬 Video

Video: How to Make a Roux

Scan to watch

Food Network (the class video)

👀 Look for: the roux getting bubbly

💬 Captions on

https://www.youtube.com/watch?v=eTf0n1HoC1w

Wrap-Up

Recap



Roux
butter + flour



Mirepoix
onion, celery, carrot



White sauce
roux + milk



Whisk
don't burn the milk

Wrap-Up

Great Job!



- 🧈 I can make a roux!
- 🥣 I can make soup!