🥣 Cream of Anything Soup

Culinary 1 · Unit 7 Lab · Picture recipe card (Level 2). Makes 3 cups of white sauce (béchamel) + vegetables.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🧈 **¼ c + 2 Tbsp** butter
- ☐ 🌾 **¼ c + 2 Tbsp** flour
- ☐ 🍗 **3 tsp** chicken bouillon granules
- ☐ ⚫ **¼ tsp** pepper
- ☐ 🧂 **¼ tsp** salt
- ☐ 🥛 **3 c** milk
- ☐ 🥔 **4** potatoes, diced (potato soup)
- ☐ 🌱 **2 stalks** celery, diced (potato soup)
- ☐ 🧅 **¼ c** onion, chopped (potato soup)

🧰 Tools

- ☐ Medium saucepan
- ☐ Small saucepan (vegetables)
- ☐ Whisk
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Cutting board + knife
- ☐ Peeler
- ☐ Ladle

💡 *Other kinds: broccoli (4 c + thyme), carrot (2 c + parsley + basil), mushroom (3 c + nutmeg). See her recipe for more.*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		Melt the **butter** in the medium pan on **LOW**.	☐
3		Whisk in the **flour, salt, pepper, bouillon**. Stir on LOW until **smooth and bubbly**. (This is the **roux**.)	☐
4		Take the pan **off the heat**. Stir in the **milk**.	☐
5		Back on **medium-high**. **Whisk all the time** until it boils.	☐
6		Boil **1 minute** only. Turn to **LOW**. Stir often.	☐
7		Wash, peel, and **dice** the vegetables into bite sizes.	☐
8		Small pan: cover the vegetables with **water**. Boil until **tender**, about **10 minutes**. Add water if it boils low.	☐
9		Stir the vegetables into the white sauce. Add **vegetable water** to make it thinner.	☐
10		Taste. Add salt and pepper if needed.	☐
11		Soak the milk pan right away. Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work