🥣 Cream of Anything Soup & Biscuits Lab

Culinary 1 · Unit 7 · Level 2 · after the Pico de Gallo Lab



Name: _____ Date: _____ Period: _____

Soup: 3 cups white sauce + veggies · Biscuits: 12. Mrs. Dyches' recipe: Cream of Anything Soup (group) + Copycat Cheddar Bay Biscuits.

🧺 Soup (white sauce)

- ☐ 🧈 **¼ c + 2 Tbsp** butter
- ☐ 🌾 **¼ c + 2 Tbsp** flour
- ☐ 🍗 **3 tsp** chicken bouillon granules
- ☐ ⚫ **¼ tsp** pepper
- ☐ 🧂 **¼ tsp** salt (to taste)
- ☐ 🥛 **3 c** milk
- ☐ 🥔 **4** potatoes, diced (potato soup) or a veggie from her list

🧺 Cheddar Bay biscuits

- ☐ 🌾 **2 cups** flour
- ☐ 🥄 **1 Tbsp** baking powder
- ☐ 🍚 **1 tsp** sugar
- ☐ 🧄 **½ tsp** garlic powder
- ☐ 🥄 **¼ tsp** baking soda
- ☐ 🧂 **¼ tsp** salt
- ☐ 🥛 **1 cup** milk
- ☐ 🧈 **⅓ cup** cold butter
- ☐ 🧀 **¾ cup** shredded cheddar

🧺 Biscuit topping

- ☐ 🧈 **¼ cup** melted butter
- ☐ 🌿 **1 tsp** dried parsley
- ☐ 🧄 **½ tsp** garlic powder
- ☐ 🌿 **½ tsp** Italian seasoning (optional)

👩‍🍳 Steps: check each box when you finish

1. 🔥 Oven to **400°F** for the biscuits. ☐
2. 🥣 Biscuits: mix flour, baking powder, sugar, garlic powder, soda, and salt. ☐
3. 🍴 **Cut in** the cold butter until it is pea-size crumbs. ☐
4. 🧀 Stir in the milk and cheese. Drop spoonfuls on the pan. ☐
5. ⏱️ Bake **12 to 15 minutes**, until light brown. ☐
6. 🧈 Soup: melt the butter on **LOW**. Stir in flour, salt, pepper, bouillon (this is the **roux**). ☐
7. 🥛 Take it off the heat. Whisk in the **milk**. ☐
8. 🌀 Back on medium. Whisk **all the time** until it boils. Boil **1 minute**. ☐
9. 🥔 Boil the diced veggies in water until soft, about **10 minutes**. ☐
10. 🥣 Stir the veggies into the sauce. Add veggie water to thin it. ☐
11. 🖌️ Brush the warm biscuits with the butter topping. Serve! ☐

💡 *Soup variations (broccoli, carrot, mushroom, etc.) and their spices are on page 2 of her soup recipe and on the Unit 7 recipe card.*