

Mise En Place Form

NAME: Ryan Loyd

DATE: 3-3-25

ASSIGNMENT: Cream of Broccoli Soup

TIME UTILIZATION: (Think: What should I complete first, how much time will it take, what is the estimated time of completion for this recipe. If in a two day class please consider what should be done on prep day and how much time it will take for execution on service day)

Ingredients	Prep Time
<u>1 oz whole butter, cube</u>	
<u>3 oz. onion, medium dice</u>	
<u>1 oz. celery, medium dice</u>	
<u>12-16 oz. broccoli, chopped</u>	
<u>1 qt. chicken veloute sauce, hot</u>	
<u>6 oz. heavy cream</u>	
<u>Salt & white pepper, to taste</u>	
Method	
<u>1. Mise en place ingredients: dice onion & celery, chop broccoli, measure heavy cream</u>	<u>10 min.</u>
<u>2. Melt butter in a soup pot on low to low-medium heat. Add onion, celery, 14 oz. of broccoli to butter and sweat until tender & onion is translucent. Do not brown*</u>	<u>10 min.</u>
<u>3. In the same pot, add veloute sauce. On medium heat, bring to a simmer until vegetables become tender. Skim foam occasionally.</u>	<u>15 min.</u>
<u>4. Using a blender or immersion blender, puree the sauce until smooth. Strain further using a chinois or strainer.</u>	<u>5 min.</u>
<u>5. Return to stove and bring soup to a slow simmer. Add a tbsp or two of the soup to the 6 oz. of cream to warm cream slightly. Pour cream into soup and simmer. Season with salt and white pepper</u>	<u>5 min.</u>
<u>6. Meantime, prepare garnish (including remainder of broccoli). Bring a large pot of salted water to a boil and add broccoli for 3 min. Drain and add broccoli to an ice water bath to blanch. Top soup with blanched broccoli and sour cream, red bell pepper and French bread, if desired.</u>	<u>10 min.</u>

*to prevent browning, add a small amount of water if needed, and keep on low heat

Minimum Cooking temperatures for Proteins:

<u> °F</u>	<u> °F</u>
<u> °F</u>	<u> °F</u>

Carry over cooking times for Proteins:

 °F °F °F

QUESTIONS I HAVE REGARDING MY RECIPE AND TIME UTILIZATION PLAN

1. Should the veloute sauce be incorporated as part of this recipe, instead of separately?

2. I think I was conflating cream of broccoli soup with broccoli cheese soup. How chunky or smooth should traditional cream of broccoli be?

COOKING PRINCIPLE(S): Give a complete definition of each cooking principle utilized in this recipe assignment.

Sweating - slowly cooking, covered and stirring, to release flavors

Boiling/simmering - bringing to 212 degrees or just under at 200

Puree - to liquify

Blanching - boiling/scalding, immediately cooling to stop cooking to keep color/flavor

Tools & Equipment

Soup pot

Chef's knife

Cutting board

Kitchen towel

Spachula

Bowl for ice bath

Pot for boiling broccoli

Immersion blender or counter top blender

Chinois or strainer

Measuring cup

Measuring spoons

Digital scale