

French Starters - Broth and Soup

The broth or 'bouillon' is the base of almost all the soups. The preparation of various broths is almost always the same : put a piece of meat in a pan, cover with water and bring to a slow boil. Remove the grease using a skimmer. During the cooking, add your preferred vegetables and herbs. When the cooking is finished, 'pass' the broth through a colander. Then remove the fat when the broth is cold.

Cooking time of different soups:

- Beef broth : 4 to 6 hours.
- Chicken broth : 1h30 to 3 hours.
- Vegetable broth : 30 minutes to 2 or 3 hours.
- Fish broth : 30 minutes to 2 or 3 hours.

Some tips:

To keep the soup from becoming cloudy, do not bring the broth to a harsh boil. Do not overcook vegetables (loss of flavour) nor the fish.