

Soups

There is nothing to beat the flavour of real homemade stock. It adds depth to soups, casseroles and sauces, and while it may take a while to cook, the results are well worth the effort. It is cheap and simple to make and freezes well.

Rules for good stock

- Do not add salt to the stock during cooking. When the stock is reduced, the flavour will be concentrated, so add salt only to the finished soups, casseroles, sauces and other dishes in which it is used.
- When the stock is simmering, remove the scum frequently. Adding a cup of cold water during cooking will bring froth to the surface where it can be removed.
- Avoid adding potatoes to vegetable stocks, as these tend to break down during boiling and straining and make the stock cloudy.
- Leave to cool in the pan and skim off as much fat possible before removing bones.
- If you have time it is a good idea to allow the stock to cool, then you will be able to remove any excess fat from the surface, thus saving unwanted calories.
- Straining the cooked stock through a fine sieve. If you do not have a suitable sieve, line an ordinary sieve with muslin (lightweight cotton in a plain weave) and let stock drain through it. Do not press the vegetables through or they will make the stock cloudy. Remove the remaining fat when cold.
- Raw bones, often available free from a butcher, make a stronger-flavoured stock than the ones that come from the remains of a roast joint.
- Raw meat, with a lot of blood in it, helps to make the liquid rich and clear.

Taken from: **Mastering the Basics: Dealing with Soups**

How to Organise your Freezer?

Freezers are at their most efficient when they are full (fridges are most energy-efficient when they have enough space inside for air to flow around evenly, the more spacious the better)

1. Label each parcel of food with:
 - a. the name of the food
 - b. the number of servings

- c. the date it was added to the freezer
2. Use a permanent marker pen to write directly on zipper freezer storage bags. Use a sticker for labeling on freezer containers. Print a sheet of labels using your computer for commonly frozen foods such as hamburger patties etc..
3. Organise a large freezer by category. Keep all casseroles in one area, frozen beef roasts in another part of the freezer. Frozen chicken and turkey should go at the bottom basket of the freezer where they are easy to grab.
4. Use freezer baskets. Flat-bottomed baskets support floppy freezer bags and organize freezer contents. Place all frozen vegetables in one basket, upended loaves of sandwich bread in another.
5. Think square. When freezing homemade soups or stews, use square or rectangular plastic freezer containers to store them rather than round ones. Squared-off containers fit together neatly and take up less space than round ones.
6. Rotate for freshness. When adding new foods to the freezer, store them behind existing products, and use the oldest food first.

Client Feedback Corner:

Dear Sheli

Just a short note to congratulate you on the absolutely delightful young man that you sent to our house to train our Annie. Tshepo is truly a great advertisement to your company.

Warm regards

Ryno & Elzette Fritz

Dear Sheli

I have found the cooking lessons to be great. My domestic's level of culinary skills has improved tremendously. It's wonderful to be able to come home to a well cooked meal. Where everything was over-cooked, and the quantities were not properly portioned before, foods are now just the way we like and there is usually nothing left to waste. Thanks a lot. Tinyiko is fantastic.

Ashley

For more information on courses available email cooking101@wol.co.za