

SOUP, POTAGE & BROTH



Soppa, potage & buljong

Tommy Myllymäki

190x240, 176p

A soup can be the most everyday and least complicated of dishes, quick to make, cheap and practical. Other types of soup can be extremely exclusive and complex, dishes in which classic cooking skills sparkle in the most wonderful way. Both kinds of soup serve their purpose.

Contents

What is a soup?

Techniques and basic knowledge

Consistency

Temperature and colour

Trimnings and sides

Equipment

Fresh produce and seasonal ingredients

Clear soups

Potage

Buttery and creamy soups

Mixed soups

Cold soups

Soups are usually not very complicated, but neither are they the most forgiving of dishes to prepare. Therefore it is necessary to have in mind a clear idea of how to balance the various ingredients against each other, the vital function of consistency in the eating experience, and how to succeed in creating a dish which is filling and interesting enough not to be boring.

Among the 80 or so recipes there are clear soups, creamy soups, mixed soups, cold soups, broths and potages. We quickly learn that with some basic techniques on board we can vary the result to an almost infinite degree. With a main ingredient such as cauliflower for example it is possible to hugely vary the results, and a simple broth can easily be transformed into something sophisticated if we put some time into careful preparation.

Some soups require a certain degree of skill, vegetable soups for example, others such as oxtail soup, need time and patience. In the book we find both traditional Swedish classics, along with rustic and exclusive soups from southern European cuisine, ramen and broths.



About the author

Tommy Myllymäki is one of the most experienced chefs in Sweden. In 2019 he launches a new restaurant in Djurgården and he is the creative head of Taverna Brillo, Sturehof, Riche and Ulriksdals Wårdshus in Stockholm. Tommy has previously written *Sallad, Kött, vilt & fågel*, *Fisk & skaldjur*, *Grönsaker - tillbehör & garnityr* and *Såser*.



BENNET AGENCY

HEDINGSGATAN 13
115 33 STOCKHOLM
SWEDEN

MOBILE: +46 704 67 42 70
WWW.BENNETAGENCY.COM

