

How To Make the Best Soup

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Find out how to improve your soups and stews with these helpful tips and suggestions.

Here's How:

- Make soup 1 to 2 days in advance to let flavors blend.
- Reserve the vegetable cooking water and use in place of plain water to improve soup flavor.
- Shin, marrow, neck and oxtail bones are best for stock flavoring.
- Veal knuckles are best for making jellied stocks.
- If soup tastes thin or weak, add bouillon cubes or powder as a strengthener.
- Cool soup uncovered as quickly as possible by placing pot in sink of ice water.
- Cold soups dull the tastebuds and usually need more seasonings than hot soup. Taste and adjust before serving.
- If using beer or wine in the soup, reduce salt slightly.
- Wine added to soups should be done shortly before serving and do not let it boil.
- Too much wine will make soup bitter. 1/4 to 1/3 cup per quart is plenty.
- When reducing or boiling down a soup stock, do not add salt until the end.
- If soup is too salty, add half a peeled raw potato and simmer about 15 minutes to absorb excess salt and then remove potato.
- 1 teaspoon of sugar or light brown sugar will mellow the acidity of tomato soup.
- Vegetable cream soups can be thickened by pureeing some of the vegetables with a bit of the liquid.
- Add herbs at the end to preserve the most flavor.

Tips:

- As a general rule, 1 quart soup equals 6 first-course servings or 3 to 4 main course

servings.

- Use a soup tureen when serving soup as a main course to lend elegance to the table and keep soup hot for seconds.
- Match a light-flavored soup to a rich or spicy main dish and vice versa.

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