

— CLASSIC RECIPES • TIME HONoured • FIELD TESTED —



THE MACs MANUAL

• SOUPS, BROTHS & CONSOMMÉS •

— Classic Army Catering Recipes —

TRIED

TESTED

TRUSTED

BY GENERATIONS
OF ARMY COOKS

Paul Baldry
Master Chef

Recreated by

PAUL BALDRY

MASTER CHEF

*Good Food
Good Health
Good Order*

FROM THE MACs MANUAL TO MY KITCHEN

During my years as an Army chef, the Manual of Army Catering—the MACs Manual—was never far away. It was our working reference: practical, straightforward and designed to produce good food consistently, whether we were cooking in a barrack kitchen or under more demanding conditions.

This collection is my way of bringing some of those recipes back to life.

I have kept the character and principles of the original recipes while presenting them as modern recipe cards that are easier to read, use and enjoy today. Some of the terminology, quantities and methods belong unmistakably to their time—and that is part of their history.

We begin with **Soups, Broths & Consommés**: some simple, some substantial, but all built on one of the fundamentals we learned as Army cooks—*start with a good stock and build the flavour from there*.

These are more than recipes to me. They are reminders of kitchens, colleagues, service and a craft that became an important part of my life.

Paul Baldry
MASTER CHEF

THE MACs MANUAL

The standard reference for
Army cooks for decades.

Proven recipes.
Practical methods.
Good food—every time.



HONEST INGREDIENTS
SIMPLE METHODS



TRIED • TESTED • TRUSTED
BY GENERATIONS OF ARMY COOKS

GOOD FOOD
GOOD HEALTH • GOOD ORDER

THE SOUP KITCHEN

ABOUT THE MACs MANUAL RECIPES



A HERITAGE OF SKILLS • A TRADITION OF EXCELLENCE

These forty-one soup recipes have been carefully recreated from the original Manual of Army Catering (MACs Manual). They represent the methods, quantities and classical approach that Army cooks were taught and expected to follow.



TRUE TO THE ORIGINAL

Every recipe has been reproduced as written in the MACs Manual, using the original quantities and methods. The terminology, techniques and structure remain faithful to the standards taught to Army cooks.



QUANTITIES & PORTIONS

All recipes are for 2.5 litres yield. The ingredients and quantities reflect the professional scale in which Army kitchens worked, ensuring consistency, economy and the best use of rations and provisions.



CLASSICAL METHODS

These soups are based on classical French foundations and techniques. Time, care and attention to detail are essential in achieving the flavour, clarity, texture and appearance expected.



A RANGE OF SOUPS

From simple broths to substantial, hearty soups, from clear consommés to rich purées, this collection provides a wide range of soups to meet the needs of any menu.



HELPING GENERATIONS

For decades the MACs Manual was the cook's guide and the teacher's reference. It helped maintain standards, teach skills and pass on experience from one generation of Army cooks to the next.



PRESERVING THE PAST

Recreating these recipes keeps an important part of our catering heritage alive. They are a tribute to the knowledge and professionalism of the Army Catering Service.

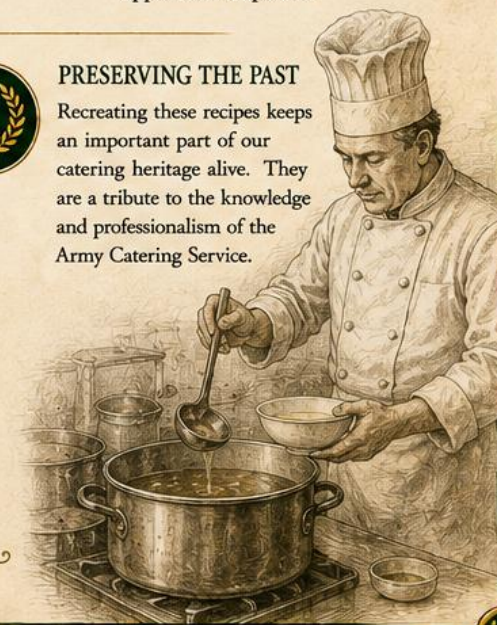
THE COOK'S REMINDER

*Skim often, season well,
and never rush.*

*A well made soup speaks
of the cook's skill and care.*

Good soup is more than a starter – it is nourishment, comfort and morale. Prepared with skill and served with care, it reflects the pride of the cook and the standards of the service.

Recreated by Paul Baldry – Master Chef



GOOD FOOD ~ GOOD HEALTH ~ GOOD ORDER

THE SOUP
KITCHEN

Good Ingredients

Sound Methods

Skilled Hands

Satisfying Results



THE SOUP KITCHEN

From Broth to Consommé — Cream to Purée

Forty-one recipes, each representing the skills, methods and traditions that formed part of the professional Army cook's craft.

From a simple Beef Broth to the classical clarity of Consommé, from hearty Oxtail Soup to Crème Germeny, these recipes preserve a small but important part of the MACs Manual and the catering skills it helped teach generations of Army cooks.

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Paul Baldry — Master Chef

Good Food ~ Good Health ~ Good Order



THE COMPLETE SOUP COLLECTION – 1-41



MACs MANUAL • SOUPS, BROTHS & CONSOMMÉS

CONTENTS



BROTH

1. Beef Broth
2. Chicken Broth
3. Chicken Gumbo
4. Cock-a-Leekie
5. Household Soup
6. Minestrone
7. Scotch Broth

COLD

8. Gazpacho
9. Vichyssoise



CONSOMMÉ

10. Beef Consommé
11. Chicken Consommé
12. Fish Consommé
13. Consommé Brunoise
14. Consommé Célestine
15. Consommé Julienne
16. Consommé Madrilène
17. Consommé Paysanne
18. Petite Marmite
19. Consommé Profiteroles
20. Consommé Royale



CREAM

21. Agnes Sorel
22. Cream of Asparagus
23. Cream of Cauliflower
24. Cream of Celery
25. Cream of Chicken
26. Cream of Cucumber
27. Lobster Bisque
28. Cream of Mushroom
29. Cream of Onion
30. Solferino Soup
31. Cream of Tomato
32. Watercress Soup



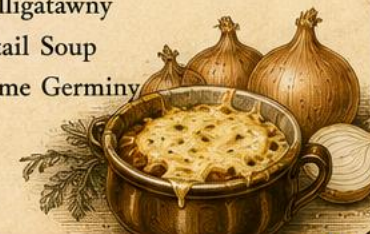
PURÉE

33. Ambassador Soup
34. Green Split Pea Soup — *dried peas*
35. Green Pea Soup — *fresh/quick-frozen peas*
36. Lentil Soup
37. Potato Soup



UNCLASSIFIED

38. French Onion Soup
39. Mulligatawny
40. Oxtail Soup
41. Crème Germeny



01

BEEF BROTH

MACs MANUAL • BROTH • 2.5 LITRES



CLASSIFICATION

BROTH

Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

INGREDIENTS

QUANTITY
(2.5 LITRES)

White stock	2.5 ltr
Onion	70 g
Carrot	50 g
Leek	25 g
Swede/Turnip	25 g
Celery	25 g
Cabbage	25 g
Patna Rice	50 g
Salt	To taste
Pepper	To taste
Parsley (chopped)	15 g



METHOD

1. Peel the vegetables and cut them into small dice.
2. Strain the stock, bring to the boil and skim.
3. Add the diced vegetables to the stock and simmer for 30 minutes.
4. Add the washed rice and simmer for a further 15 minutes.
5. Skim, adjust the seasoning and consistency add the chopped parsley and serve.

YIELD

2.5 LITRES



SERVES

Approx. 10



CHEF PAUL'S NOTE

A good beef broth is all about balance. Skim well and simmer gently to keep it clear, clean and full of flavour.



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02

CHICKEN BROTH

MACs MANUAL • BROTH • 2.5 LITRES



CLASSIFICATION

BROTH

Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Chicken stock	2.5 ltr
Onions	70 g
Carrots	50 g
Leek	25 g
Celery	25 g
Cabbage	25 g
Turnip/Swede	25 g
Patna Rice	50 g
Salt	To taste
Pepper	To taste
Parsley (chopped)	15 g
Cooked chicken	70 g

CHEF PAUL'S NOTE



A well made chicken broth is light yet flavourful. Use a good quality stock and skim well for a clear, clean soup.



METHOD

1. Peel the vegetables and cut into small dice.
2. Cut the cooked chicken into small dice.
3. Strain the stock, bring to the boil and skim.
4. Add the diced vegetables to the stock and simmer for 20 minutes.
5. Add the washed rice and simmer for a further 15 minutes.
6. Skim, adjust the seasoning and consistency, add the chopped parsley and chicken and serve.

YIELD
2.5 LITRES

★
SERVES
Approx. 10



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03

CHICKEN GUMBO

MACs MANUAL • BROTH • 2.5 LITRES



CLASSIFICATION

BROTH

Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Margarine	50 g
Leeks	200 g
Onions	100 g
Garlic	1 clove
Chicken stock	2.5 ltr
Patna rice	50 g
Cooked chicken	100 g
Okra	300 g
Tomato	150 g
Pimento	100 g
Salt	To taste
Pepper	To taste
Worcester sauce	To taste
Parsley (chopped)	15 g



METHOD

1. Peel the onions and clean the leeks. Shred the flesh. Peel and crush the garlic.
2. Cook the shredded onion shredded leek and finely crushed garlic in the margarine without colouring.
3. Add the chicken stock, bring to the boil and remove any scum that has formed on the surface. Ad the patna rice and simmer gently for 10 minutes.
4. Cut the chicken, pimento and cut into dice.. Concasse the tomatoes and add these to the rice and continue to cook for a further 3 minutes.
5. Season with salt, pepper and Worcester sauce, remove any surplus grease, add the chopped parsley and serve.

YIELD
2.5 LITRES

★
SERVES
Approx. 10

CHEF PAUL'S NOTE



A rich and hearty soup with a touch of Southern character. The okra gives body and a distinctive texture.



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04

COCK A LEEKIE

MACs MANUAL • BROTH • 2.5 LITRES



CLASSIFICATION

BROTH

Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Chicken stock	2.5 ltr
White of leek	200 g
Cooked chicken	50 g
Cooked prunes	100 g
Salt	To taste
Pepper	To taste
Parsley (chopped)	15 g



NOTE

A combination of veal and chicken stocks may be used to make this soup.



METHOD

1. Bring the stock to the boil, add seasoning.
2. Clean and shred the leeks and add them to the stock.
3. Simmer for 20 minutes.
4. Cut the chicken and prunes into julienne and add to the soup.
5. Adjust the seasoning and skim
6. Garnish with chopped parsley.

YIELD

2.5 LITRES



SERVES

Approx. 10



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05

HOUSEHOLD SOUP

MACs MANUAL • BROTH • 2.5 LITRES



CLASSIFICATION

BROTH

Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Onions	100 g
Leeks	25 g
Carrots	100 g
Celery	50 g
Potatoes	100 g
Margarine	25 g
White stock	2.5 ltr
Bouquet garni	1 small
Lentils	200 g
Salt	To taste
Pepper	To taste



METHOD

1. Peel the onions, leeks, carrots, celery and potatoes and cut them into paysanne.
2. Melt the margarine, add the vegetables, cover with a lid and cook without colouring.
3. Add the stock, season and bring to the boil.
4. Add the lentils, bouquet garni and potatoes.
5. Simmer gently until cooked and remove the bouquet garni.
6. Skim, adjust the seasoning and serve.

YIELD

2.5 LITRES



SERVES

Approx. 10



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06

MINESTRONE

MACs MANUAL • SOUP • 2.5 LITRES



CLASSIFICATION

BROTH

Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Onions	60 g
Carrots	60 g
Leeks	25 g
Celery	25 g
Turnips	50 g
Cabbage	50 g
Bacon fat or margarine.....	50 g
Haricot beans	50 g
Tomato puree	25 g
White stock	2.5 ltr
Spaghetti	50 g
French beans	50 g
Tomatoes	50 g
Raw scraped bacon fat	25 g
Garlic clove	1
Parsley (chopped)	15 g
Croute de flute	10
Parmesan cheese	50 g
Salt	To taste
Pepper	To taste



METHOD

1. Soak the haricot beans overnight.
2. Peel the carrots, turnips, leeks, onions, celery and cabbage and cut them into paysanne.
3. Heat the bacon fat or margarine in a saucepan, add the vegetables, cover with a lid and cook without colouring.
4. Add the haricot beans, tomato puree and stock. bring to the boil and simmer until the haricot beans are nearly cooked.
5. Add the spaghetti (broken into 25mm lengths) diced french beans and diced tomato and all to simmer until cooked.
6. Skim and adjust the seasoning.
7. Mix the scraped bacon fat with the crushed garlic and add to the soup with the chopped parsley.
8. Serve with Croute de flute and extra parmesan cheese separately.

CHEF PAUL'S NOTE



Soaking the beans helps with digestion and reduces cooking time. Use good quality stock and fresh vegetables for the best flavour.



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07

SCOTCH BROTH

MACs MANUAL • BROTH • 2.5 LITRES



CLASSIFICATION

BROTH

Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

INGREDIENTS

QUANTITY (2.5 LITRES)

Lamb scrag end	500 g
Water	2.5 ltr
Pearl Barley	50 g
Onion	70 g
Carrot	25 g
Celery	25 g
Leek	25 g
Cabbage	25 g
Parsley (chopped)	15 g
Bouquet garni	1 small
Salt	To taste
Pepper	To taste



METHOD

1. Blanch the lamb in salt water.
2. Peel the vegetables and cut them into brunoise.
3. Refresh the meat and cover with clean water.
4. Bring to the boil, skim and add the bouquet garni, pearl barley and seasoning. Simmer until the meat is almost cooked.
5. Add the vegetables to the stock and simmer until all the ingredients are cooked.
6. Remove the meat and cut into small dice.
7. Add the meat to the broth. Add the chopped parsley. Adjust the seasoning and serve.

YIELD

2.5 LITRES



SERVES

Approx. 10



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08

GAZPACHO

MACs MANUAL • COLD SOUP • 2.5 LITRES



CLASSIFICATION

COLD SOUP

A refreshing cold vegetable soup served chilled. Do not reheat. Serve very cold.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Tomatoes	1 kg
Green peppers	150 g
Onions	150 g
Lemon	1
Garlic	4 cloves
Cucumber	300 g
Tomato juice	625 ml
Iced water	50 ml
Olive oil	50 ml
Salt	To taste
Pepper	To taste
Parsley (chopped)	15 g



NOTE:

Hot garlic bread may be offered with this soup.



METHOD

1. Blanch, skin and seed the tomatoes.
2. Cut the peppers into quarters, remove the seeds and finely chop 25 g (for garnish).
3. Peel and roughly chop the cucumber.
4. Peel and roughly chop the onions and crush the garlic.
5. Liquidize the tomatoes, onions, peppers and cucumber with the lemon juice, oil, tomato juice and seasoning.
6. Adjust the consistency if necessary with the iced water, and the seasoning.
7. Serve cold, sprinkled with the chopped peppers and chopped parsley.

YIELD

2.5 LITRES



SERVES

Approx. 10



09

VICHYSOISE SOUP

MACs MANUAL • COLD SOUP • 2.5 LITRES



CLASSIFICATION

COLD SOUP

A classic French potato and leek soup. Silky smooth, delicate and served ice cold.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Onions	100 g
Leeks	50 g
Butter	50 g
White or chicken stock	1.5 ltr
Potatoes	500 g
Bouquet garni	1 small
Cream	250 ml
Chives	10 g
Salt	To taste
Pepper	To taste



METHOD

1. Peel the onions and clean the leeks. Shred the flesh and cook them in the butter without colouring.
2. Add the white stock, sliced potatoes, bouquet garni and seasoning.
3. Bring to the boil, skim and simmer until the potatoes are soft.
4. Remove the bouquet garni and pass through the fine sieve.
5. Return to a clean saucepan and adjust the consistency and seasoning.
6. Chill.
7. Finish with cream and chopped chives and serve.

YIELD
2.5 LITRES

★
SERVES
Approx. 10



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10

BEEF CONSOMME

— MACs MANUAL • COLD SOUP • 2.5 LITRES —

CLASSIFICATION

COLD SOUP

A clear and delicate beef consommé. Clean in flavour and elegant when served ice cold.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Shin of beef	1 kg
Eggs	2
Onions	25 g
Celery	25 g
Carrots	25 g
Leeks	25 g
Salt	To taste
Brown stock	3 ltr
Bouquet garni	1 small



METHOD

1. Peel and dice the vegetables.
2. Pass the meat through a course mincer.
3. Place the meat in a saucepan, add the egg whites, diced vegetables and salt. Mix thoroughly with a little cold stock.
4. Gradually add the remained of the stock. Add the bouquet garni. Bring to the boil slowly, stirring from time to time with a metal spoon or fish slice.
5. Once the clarification has begun to set do not stir any more. Allow to simmer gently for one and a half hours. Do not disturb the contents of the pan during cooking.
6. Strain through four layers of damp muslin.
7. Remove all surface fat with absorbent paper. Adjust the colour and seasoning.
8. Bring to service temperature (do not boil) and garnish as required.

YIELD
2.5 LITRES

★
SERVES
Approx. 10

NOTES:

1. The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.
2. Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.



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11

CHICKEN CONSOMME

MACs MANUAL • COLD SOUP • 2.5 LITRES



CLASSIFICATION

COLD SOUP

A clear and delicate
chicken consommé.
Clean in flavour and
served ice cold.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Brown chicken stock	3 ltr
Eggs	2
Chicken	200 g
Shin of beef	100 g
Tomato puree	5 g
Tarragon	pinch
Bay leaves	1
Sherry	25 ml
Salt	To taste
Pepper	To taste



METHOD

1. Pass the beef and chicken through a coarse mincer.
2. Place the meat and chicken in a saucepan, add the egg whites, tomato puree, bayleaf, tarragon, salt, pepper and mix thoroughly with a little cold stock.
3. Gradually add the remainder of the stock. Bring to the boil slowly, stirring from time to time with a metal spoon or fish slice (see notes).
4. Once the clarification has begun to set do not stir any more. Allow to simmer gently for approximately one and a half hours. Do not disturb the contents of the pan during cooking.
5. Strain through four layers of damp muslin.
6. Remove all fat with absorbent paper.
7. Adjust the colour and seasoning.
8. Bring to service temperature (do not boil) and garnish as required.

YIELD

2.5 LITRES

SERVES

Approx. 10

NOTES:

1. The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.
2. Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.



12

FISH CONSOMME

MACs MANUAL • COLD SOUP • 2.5 LITRES



CLASSIFICATION

COLD SOUP

A clear and delicate fish consommé. Clean in flavour and served ice cold.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Fish stock	2.75 ltr
Egg whites	2
Garlic	1 clove
Tomato puree	5 g
Fennel seed	10
Fish	300 g
White wine	25 ml
Salt	To taste
Pepper	To taste



METHOD

1. Pass the fish through a coarse mincer. Peel and chop the garlic.
2. Place the fish in a saucepan, add the egg whites, chopped garlic, tomato puree, fennel seed, white wine, salt and pepper and mix thoroughly with a little cold water.
3. Gradually add the remainder of the stock. Bring to the boil slowly, stirring from time to time with a metal spoon or fish slice (see notes).
4. Once the clarification has begun to set do not stir any more. Allow to simmer gently for 20 minutes. Do not disturb the contents of the pan during cooking.
5. Strain through four layers of damp muslin (see notes).
6. Remove all surface fat with absorbent paper.
7. Correct the colour and seasoning.
8. Bring to service temperature (do not boil) and garnish as required.

YIELD
2.5 LITRES

★
SERVES
Approx. 10

NOTES:

1. The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.
2. Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.



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13

CONSOMME BRUNOISE

MACs MANUAL • COLD SOUP • 2.5 LITRES



CLASSIFICATION

COLD SOUP

A clear and elegant
consommé with fine
diced vegetables.
Serve ice cold.

INGREDIENTS

QUANTITY (2.5 LITRES)

Beef consommé	2.5 ltr
Turnips	15 g
Celery	15 g
Carrots	15 g
Leeks	15 g
Cabbage	15 g



METHOD

1. Cut the vegetables into small dice.
2. Cook in a little consommé.
3. Add to the soup before serving.



YIELD
2.5 LITRES

★
SERVES
Approx. 10

14

CONSOMME CELESTINE



— MACs MANUAL • COLD SOUP • 2.5 LITRES —

CLASSIFICATION

COLD SOUP

A clear and elegant
consommé with delicate
parsley pancake julienne.
Serve ice cold.

INGREDIENTS

QUANTITY (2.5 LITRES)

Beef consommé	2.5 ltr
Savoury pancake	1
Parsley (chopped)	25 g
Salt	To taste
Cayenne pepper	To taste



METHOD

1. Prepare pancake batter without sugar, add chopped parsley, salt and cayenne pepper.
2. Cook in the usual manner and cut into julienne.
3. Add to the consommé just before serving.

YIELD

2.5 LITRES



SERVES

Approx. 10

15

CONSOMME JULIENNE

MACs MANUAL • COLD SOUP • 2.5 LITRES



CLASSIFICATION

COLD SOUP

A clear and elegant
consommé with fine
julienne vegetables.
Serve ice cold.

INGREDIENTS

QUANTITY (2.5 LITRES)

Beef consommé	2.5 ltr
Turnips	15 g
Celery	15 g
Carrots	15 g
Leeks	15 g
Cabbage	15 g



METHOD

1. Cut the vegetables into julienne.
2. Cook in a little consommé.
3. Add to the soup before serving.

YIELD

2.5 LITRES



SERVES

Approx. 10

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16

CONSOMME MADRILENE

MACs MANUAL • COLD SOUP • 2.5 LITRES



CLASSIFICATION

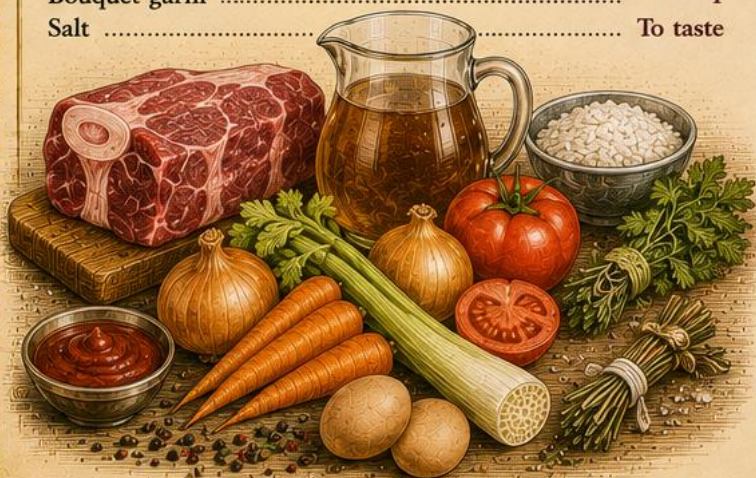
COLD SOUP

A clear and flavoursome consommé with rice and tomato garnish.
Serve hot or ice cold.

INGREDIENTS

QUANTITY (2.5 LITRES)

Shin of beef	1 kg
Brown stock	3 ltr
Eggs	2
Onions	25 g
Celery	25 g
Carrots	25 g
Leeks	25 g
Tomatoes	50 g
Tomato puree	25 g
Patna rice	15 g
Bouquet garni	1
Salt	To taste



METHOD

1. Peel the vegetables and cut them into small dice.
2. Pass the meat through a coarse mincer.
3. Place the meat in a saucepan, add the egg whites, diced vegetables, tomato puree and salt. Mix thoroughly with a little of the cold stock.
4. Gradually add the remainder of the stock. Ad the bouquet garni. Bring to the boil slowly stirring from time to time with a metal spoon or fish slice.
5. Once the clarification has begun to set do not stir any more. Allow to simmer gently for 1½ hours. Do not disturb the contents of the pan during cooking.
6. Boil the rice in salted water until cooked and refresh.
7. Blanch and skin the tomatoes. Remove the seeds and cut the flesh into 5 mm dice.
8. Strain the consommé through 4 layers of damp muslin.
9. Remove all surface fat with absorbent paper.
10. Adjust the colour and seasoning.
11. Bring to service temperature (do not boil) and add the rice and tomato garnish.

YIELD
2.5 LITRES

★
SERVES
Approx. 10

NOTES:

1. The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.
2. Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.
3. This consommé may be served cold, in which case no garnish is added.



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17

CONSOMME PAYSANNE

— MACs MANUAL • COLD SOUP • 2.5 LITRES —



CLASSIFICATION

COLD SOUP

A clear and delicate
consommé with fine
paysanne vegetables.
Serve ice cold.

INGREDIENTS

QUANTITY (2.5 LITRES)

Beef consommé	2.5 ltr
Turnips	15 g
Carrots	15 g
Leek	15 g
Cabbage	15 g



METHOD

1. Peel the vegetables and cut them into paysanne.
2. Cook in a little consommé.
3. Add to the soup before serving.



YIELD

2.5 LITRES



SERVES

Approx. 10

18

PETITE MARMITE

MACs MANUAL • CLEAR SOUP • 1.5 LITRES



CLASSIFICATION

CLEAR SOUP

A clear and nourishing soup with a selection of meats, vegetables and marrow on croute.

INGREDIENTS

QUANTITY
(1.5 LITRES)

Chicken winglets	150 g
Beef rump	150 g
Carrots	150 g
Turnips	150 g
Cabbage	75 g
Celery	75 g
Beef consomme	1.5 ltr
Beef marrow	10 pieces
Croute de flute	10 pieces



METHOD

1. Cut the beef into 10 mm dice.
2. Blanch the beef and chicken winglets, refresh, remove the bones from the winglets and cut the chicken meat in half.
3. Turn the carrots and turnips approximately 20 mm long.
4. Cut the cabbage and celery into oblong pieces 20 mm x 5 mm then blanch and refresh all the vegetables.
5. Divide and place the beef, winglets and vegetables equally into the required number of marmites, add boiling consomme, cover and simmer very gently until the garnish is cooked.
6. Just before serving add one slice of beef marrow per cover on a croute.



BEEF MARROW FOR PETITE MARMITE:

- a. Place in cold running water for 3 hours to clean off all blood stains.
- b. Store in cold water.
- c. Cook in simmering acidulated water for 1 to 2 minutes.

NOTE:

Marmites are usually made of earthenware or porcelain and are available in sizes from 1 to 10 portions.



1 PTN 5 PTN 10 PTN

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19

CONSOMME PROFITEROLES

MACs MANUAL • CLEAR SOUP • 2.5 LITRES



CLASSIFICATION

CLEAR SOUP

A clear and delicate soup garnished with choux paste profiteroles.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Beef consommé 2.5 ltr
Choux paste 100 g



METHOD

1. Using a 3 mm plain tube, pipe out the choux paste in pea sized balls onto a baking tray.
2. Bake in an oven at 190°C until cooked to a golden brown.
3. Add to the soup just before serving.



YIELD
2.5 LITRES

★
SERVES
Approx. 10

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20

CONSOMME ROYALE



MACs MANUAL • CLEAR SOUP • 2.5 LITRES

CLASSIFICATION

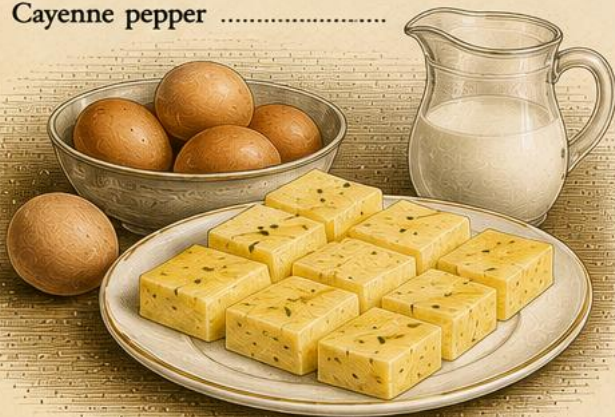
CLEAR SOUP

A clear and delicate soup
garnished with savoury
egg custard.

INGREDIENTS

QUANTITY
(2.5 LITRES)

Beef consommé	2.5 ltr
Milk	75 ml
Egg	1
Salt	
Cayenne pepper	



METHOD

1. Prepare and cook a savoury egg custard.
2. Allow to go cold.
3. Cut into neat squares or diamonds.
4. Add to the soup just before serving.
5. The prepared royal garnish may be stored in cold water until required for use.



YIELD

2.5 LITRES

SERVES

Approx. 10

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21

AGNES SORREL



MACs MANUAL • CLEAR SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Mushroom	500 g
Lemon	1
Water	100 ml
Chicken veloute	2 ltr
Fresh Cream	125 ml
Cooked chicken	50 g
Cooked mushroom (garnish)	50 g
Cooked tongue	50 g
Butter	25 g
Salt	to taste
Pepper	to taste



METHOD

1. Wash the mushrooms thoroughly.
2. Place them into a saucepan with the water, butter, lemon juice and a pinch of salt.
3. Cover with a lid and cook without colouring.
4. Pass the stalks and liquor through a sieve, add to the boiling veloute and simmer together for 5 minutes.
5. Pass through a strainer, adjust the seasoning and consistency.
6. Finish with the cream and butter but do not reboil.
7. Add the garnish cut into julienne.

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22

CREAM OF ASPARAGUS



MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Asparagus (fresh/tinned)	200 g
Margarine	100 g
Flour	100 g
Chicken stock	2.5 ltr
Cream	125 ml
Egg	1
Salt	to taste
Pepper	to taste



METHOD

1. Wash and clean the fresh asparagus, cut off the green tips and cut the remainder into 25 mm lengths.
2. Cook the tips in boiling salted water until tender, refresh and put aside.
3. For tinned asparagus cut off the tips and put aside, cut the remainder into 25 mm lengths.
4. Prepare a white roux with the flour and margarine, gradually add the chicken stock stirring all the time.
5. Bring to the boil, add the chopped asparagus stalks and simmer for 30 minutes.
6. Pass through a strainer, reboil, adjust the seasoning and consistency and finish with a liaison of egg yolk and cream, adding the asparagus tips before serving.

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23

CREAM OF CAULIFLOWER

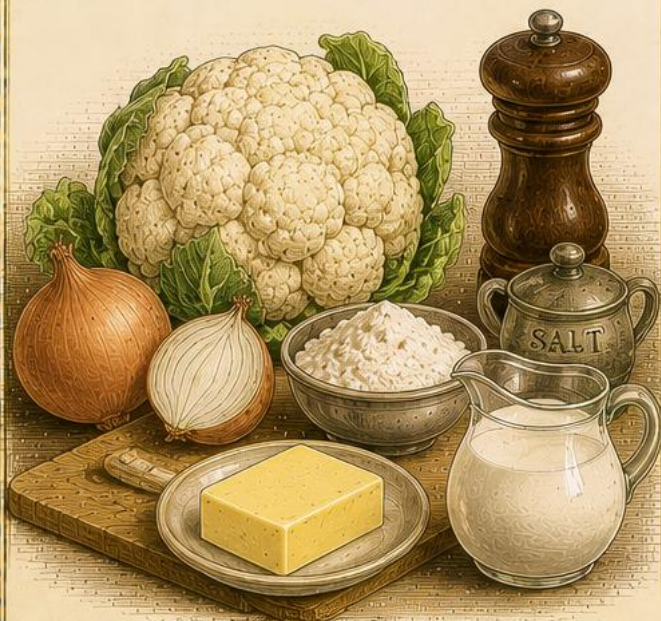


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Cauliflower	600 g
Water	2.5 ltr
Onion	75 g
Margarine	50 g
Flour	50 g
Salt	to taste
Pepper	to taste
Cream or evaporated milk	125 ml



METHOD

1. Wash the cauliflower and cut into pieces.
2. Place in boiling water with the onion and salt.
3. Make a white roux with margarine and flour.
4. When the cauliflower is cooked, strain and pass it through a sieve.
5. Add the cauliflower stock to the roux and allow to cook for 15 minutes.
6. Add the puree of cauliflower, pass through a line conical strainer and reboil.
7. Add cream or evaporated milk and adjust seasoning.

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24

CREAM OF CELERY

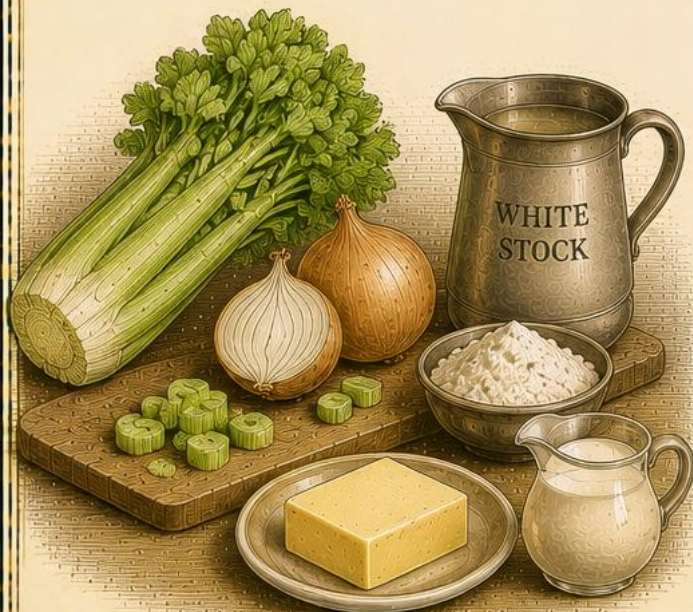
MACs MANUAL • CREAM SOUP • 2.5 LITRES



INGREDIENTS

QUANTITY
(2.5 LITRES)

Celery	800 g
Onion	100 g
white stock	2.5 ltr
Margarine	100 g
Flour	100 g
Salt	to taste
Pepper	to taste
Cream	125 ml



METHOD

1. Thoroughly wash the celery and cut it into small pieces.
2. Add to the stock with the onion and salt.
3. Make a white roux with margarine and flour.
4. When the celery is cooked, remove it from the liquor and pass through a sieve.
5. Add the celery stock to the roux and allow to simmer for 30 minutes.
6. Add the puree of celery.
7. Pass through a fine conical strainer and re-boil.
8. Add cream and adjust the seasoning.

NOTE: 50 g julienne of cooked celery can be added as a garnish prior to service.

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25

CREAM OF CHICKEN

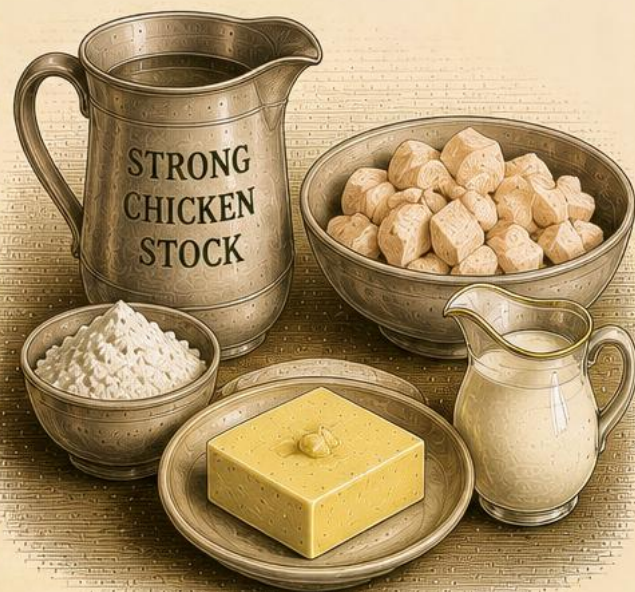


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Margarine	100 g
Flour	100 g
Strong chicken stock	2.5 ltr
Cream	125 ml
Cooked chicken	100 g
Salt	to taste
Pepper	to taste



METHOD

1. Make a veloute with the margarine, flour and stock.
2. Bring to the boil, simmer for 30 minutes and skim.
3. Adjust the seasoning and consistency, remove from the stove, add the cream and then strain through a muslin cloth. Do not re-boil.
4. Add finely diced chicken as a garnish before serving.

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26

CREAM OF CUCUMBER

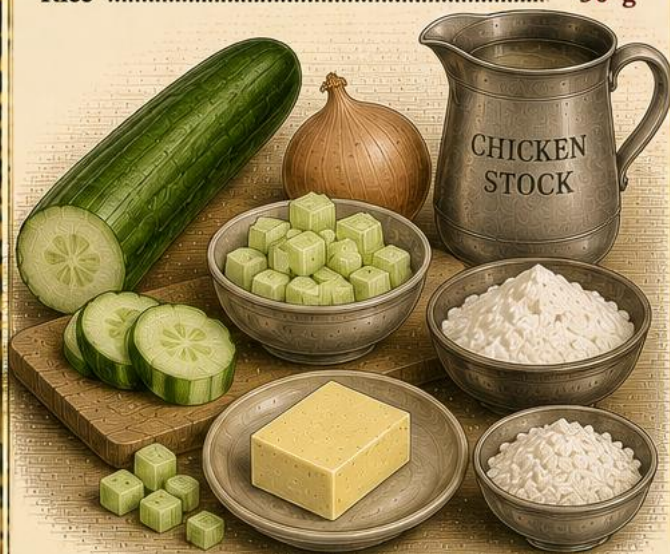
MACs MANUAL • CREAM SOUP • 2.5 LITRES



INGREDIENTS

QUANTITY
(2.5 LITRES)

Cucumber	600 g
Chicken stock	2.5 ltr
Onion	50 g
Margarine	50 g
Flour	50 g
Cream	125 ml
Salt	to taste
Pepper	to taste
Rice	50 g



METHOD

1. Wash the cucumber and cut into rough dice.
2. Place in boiling water with the onion and salt.
3. Make a white roux with margarine and flour.
4. When the cucumber is cooked, strain and pass through a sieve retaining the stock.
5. Add the cucumber stock to the roux and allow to cook for 15 minutes.
6. Add the puree of cucumber and pass through a fine conical strainer.
7. Re-boil add the cream and garnish with cooked rice and pea sized balls of cucumber that have been poached in salted water.

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27

LOBSTER BISQUE

MACs MANUAL • CREAM SOUP • 2.5 LITRES



INGREDIENTS

QUANTITY
(2.5 LITRES)

Lobster (uncooked)	1 x 400 g
Fish stock	500 ml
Onions	25 g
Tomato puree	25 g
Olive Oil	25 ml
Fish veloute	2 ltr
Carrots	25 g
Bouquet garni	1 small
Tomatoes fresh	50 g
Fresh cream	125 ml
Salt	to taste
Cayenne pepper	to taste



METHOD

1. Remove and lightly crush the claws of the lobster. Remove the tail from the body, keeping the tail whole. Cut the body in two lengthways and remove the contents.
2. Pass through a sieve and put on one side.
3. Heat the olive oil and fry until the meat stiffens and the shell is a bright red.
4. Cut the vegetables into small dice and fry with the lobster.
5. Add the tomato puree, chopped fresh tomatoes, fish stock and bouquet garni, bring to the boil and simmer for 20 minutes.
6. Remove the lobster, peel off all the shell and replace in the cooking liquor, leaving the cooked flesh on one side.
7. Add the fish veloute and simmer for a further 5 minutes. Add the sieved coral and intestines and pass through a fine sieve or muslin cloth.
8. Re-boil, adjust the seasoning and consistency, add the cream and diced lobster flesh, and serve.

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28

CREAM OF MUSHROOM SOUP

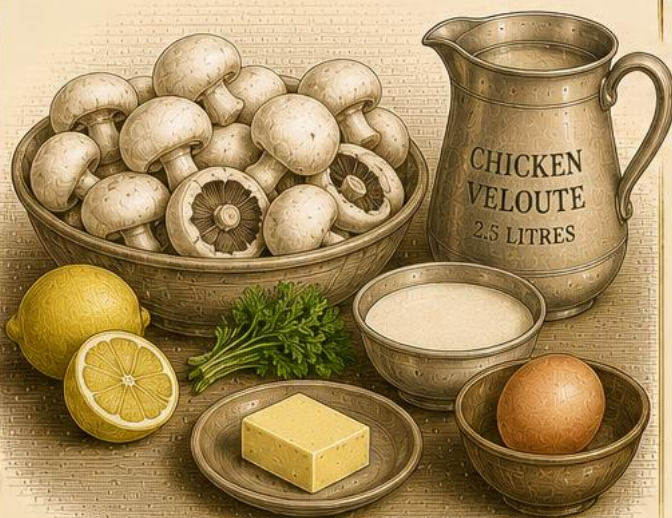


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Mushrooms	450 g
Lemon	1
Water	100 ml
Chicken veloute	2.5 ltr
Fresh cream	100 ml
Butter	25 g
Egg	1
Salt	to taste
Pepper	to taste



METHOD

1. Wash the mushrooms and place into a saucepan with the water, butter, lemon juice and a pinch of salt.
2. Cover with a lid and cook without colouring.
3. Pass the stalks and liquor through a sieve, add to the boiling veloute and simmer together for 2 minutes.
4. Pass through a strainer and adjust the seasoning and consistency.
5. Finish with a liaison of egg yolk and cream do not re-boil.

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29

CREAM OF ONION SOUP

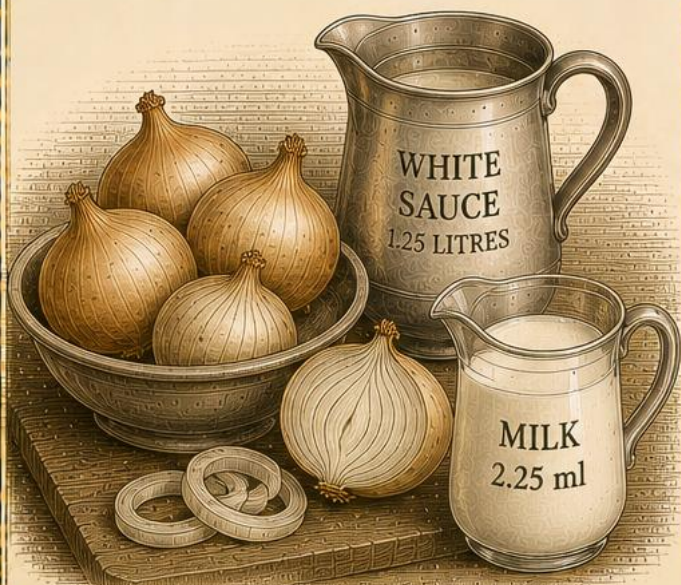


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Onions	200 g
Water	1.25 ltr
White sauce	1.25 ltr
Milk	2.25 ml
Salt	to taste
Pepper	to taste



METHOD

1. Peel and roughly chop the onions, blanch and strain.
2. Cover with water and simmer until tender. Add to the white sauce and bring to the boil.
3. Pass through a sieve and adjust the consistency with hot milk. Adjust the seasoning and serve.

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30

SOLFERINO SOUP

MACs MANUAL • CREAM SOUP • 2.5 LITRES



INGREDIENTS

QUANTITY
(2.5 LITRES)

Cream of tomato soup	1.25 ltr
Potato soup	1.25 ltr
Carrot	50 g
Potato	50 g
Salt	to taste
Pepper	to taste



METHOD

1. Mix the two soups together and adjust the seasoning and consistency.
2. Garnish with small dice of balls of cooked carrot and potato prior to serving.

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31

CREAM OF TOMATO SOUP

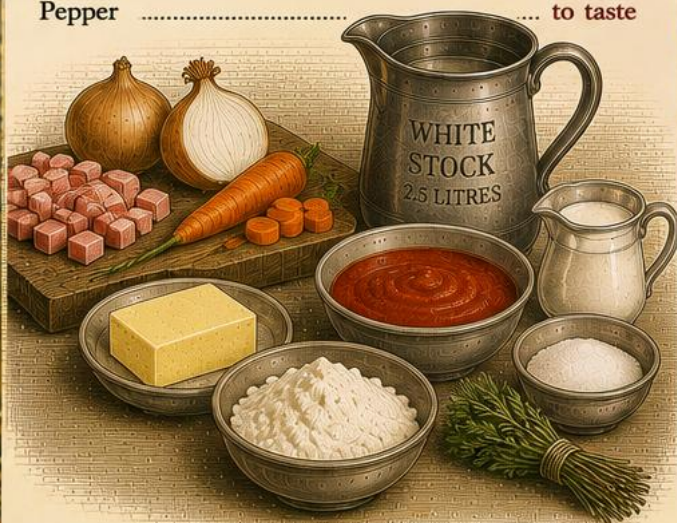


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Bacon trimmings	50 g
Onions	50 g
Carrots	50 g
Margarine	100 g
Flour	50 g
Tomato puree	250 g
White stock	2.5 ltr
Bouquet garni	1 small
Sugar	25 g
Cream	125 ml
Salt	to taste
Pepper	to taste



METHOD

1. Cut the bacon trimmings into 10 mm dice and cook in the margarine with the diced onions and carrots.
2. Add the flour and cook to a blond roux.
3. Add the puree, gradually add to the stock and the remaining ingredients.

4. Bring to the boil, simmer for one hour.
5. Strain through a sieve, re-boil, skim, adjust the seasoning and consistency, add the cream, and serve with sippets.

Note: 1 kg of fresh tomatoes may be used in place of tomato puree, but 50 g of puree should still be added at Stage 3 to enhance the colour of the soup.

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32

WATERCRESS SOUP

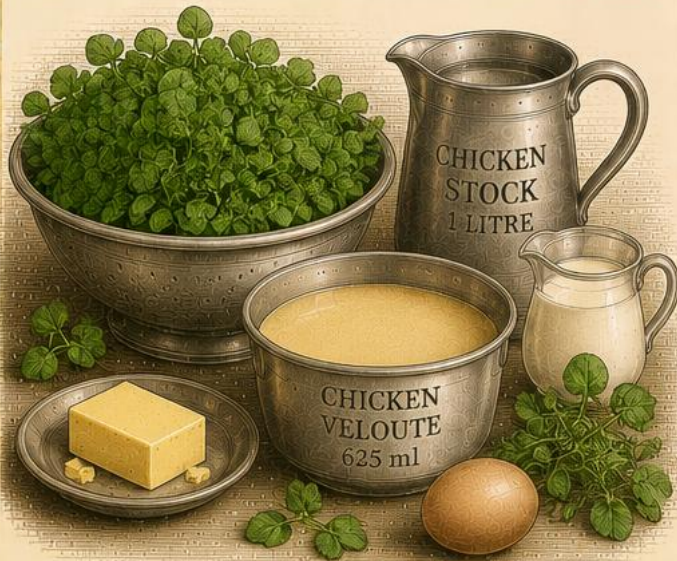


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Watercress	500 g
Butter	50 g
Chicken veloute	625 ml
Chicken stock	1 ltr
Cream	125 ml
Watercress leaves	50 g
Egg	1
Salt	to taste



METHOD

1. Wash, blanch and refresh the watercress.
2. Drain thoroughly and cook in the butter.
3. Add the veloute and chicken stock and simmer for 8 minutes.
4. Pass the mixture through a fine sieve, reboil and adjust the seasoning.
5. Finish with a liaison of egg yolk and cream and garnish with individual watercress leaves boiled for 3 minutes in salted water.

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33

AMBASSADOR SOUP

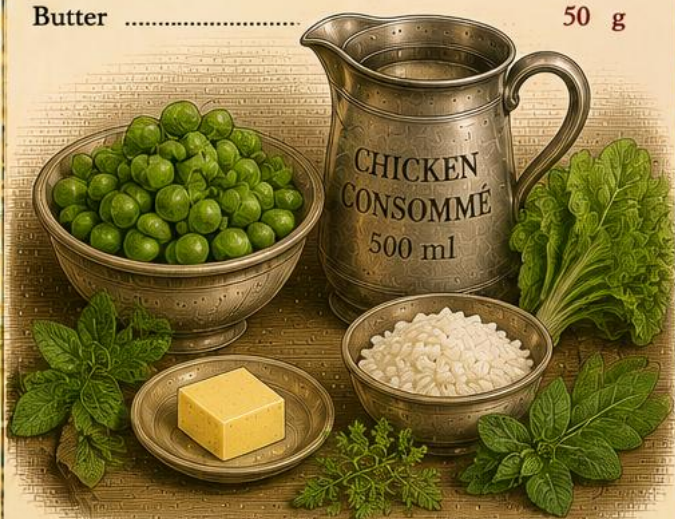


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Peas	600 g
Water	1 ltr
Mint	12 leaves
Salt	to taste
Pepper	to taste
Chicken consommé	500 ml
Lettuce	10 g
Rice	50 g
Sorrel	5 g
Chervil	5 g
Cream	150 ml
Butter	50 g



METHOD

1. Cook the peas in the water with the mint and a pinch of salt.
2. Pass the peas and the liquid through a fine sieve.
3. Add the consommé.
4. Garnish with the shredded lettuce which has been lightly cooked in a little butter, chervil, sorrel and the boiled washed rice.
5. Finish with butter and cream and serve.

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34

GREEN SPLIT PEA SOUP

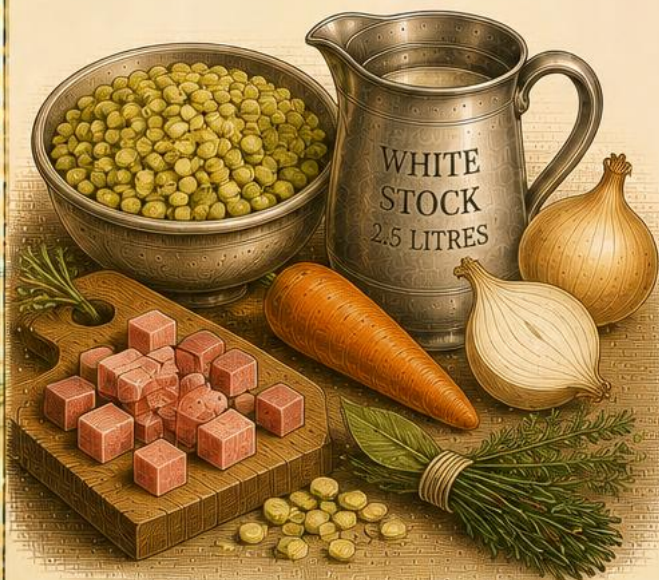


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Dried split peas	440 g
White stock	2.5 ltr
Onions	100 g
Carrot	100 g
Ham or bacon trimmings	100 g
Bouquet garni	1 small
Salt	to taste
Pepper	to taste



METHOD

1. Wash the peas and soak overnight.
2. Remove the peas from the water in which they have been soaked, put into a saucepan with the stock, bring to the boil and skim.
3. Add the diced vegetables, the ham or bacon trimmings and the bouquet garni.
4. Simmer until the peas are cooked, approximately one hour.
5. Remove the bacon trimmings and bouquet garni.
6. Pass the soup through a sieve and simmer for 5 minutes removing any scum which arises. Adjust the seasoning and consistency and serve with a garnish of sippets.

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35

GREEN PEA SOUP

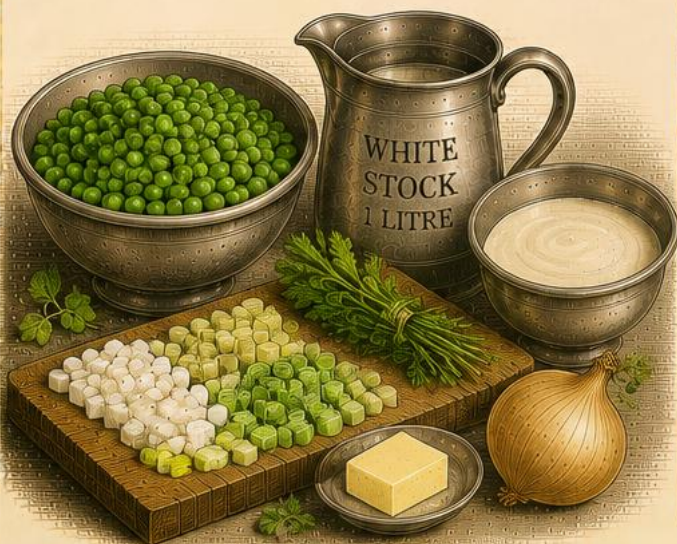
MACs MANUAL • CREAM SOUP • 2.5 LITRES



INGREDIENTS

QUANTITY
(2.5 LITRES)

Peas (quick frozen)	400 g
Onions	50 g
Leek	50 g
Celery	50 g
White stock	1 ltr
White sauce	1 ltr
Bouquet garni	1 small
Cream	50 ml
Butter	50 g
Salt	to taste



METHOD

1. Cut the onions, leek and celery into small dice.
2. Melt the butter in a saucepan, add the onion, leek and celery, cover and cook without colouring.
3. Add the stock bring to the boil, add the peas, mint and bouquet garni and allow to simmer for ten minutes.
4. Remove the bouquet garni and add the white sauce.
5. Pass the soup through a sieve and reboil, adjust the seasoning and consistency, finish with cream and serve.

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CARD NO.

36

THE MACs MANUAL SOUP COLLECTION

LENTIL SOUP

CLASSIC • NOURISHING • WARMING

YIELD
2.5
LITRES



INGREDIENTS

2.5 LITRES

Lentils	550 g
White stock	2.5 ltr
Onions	100 g
Carrot	100 g
Ham or bacon trimmings	
Bouquet garni	1 small
Salt	to taste
Pepper	to taste



METHOD

1. Place the lentils into a saucepan with the stock, bring to the boil and skim.
2. Add the diced vegetables, the ham or bacon trimmings and the bouquet garni.
3. Simmer until the lentils are cooked.
4. Remove the bacon trimmings and bouquet garni.
5. Pass the soup through a sieve, return to the saucepan and simmer for 5 minutes removing any scum which arises. Adjust the seasoning and consistency.
6. Serve with a garnish of sippets.



CHEF'S NOTES



Lentils are an economical source of nourishment and give body and flavour to this traditional soup.

GARNISH

SIPPETS



Sippets: Small cubes of bread fried in clarified dripping or fat until golden.

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37

POTATO SOUP

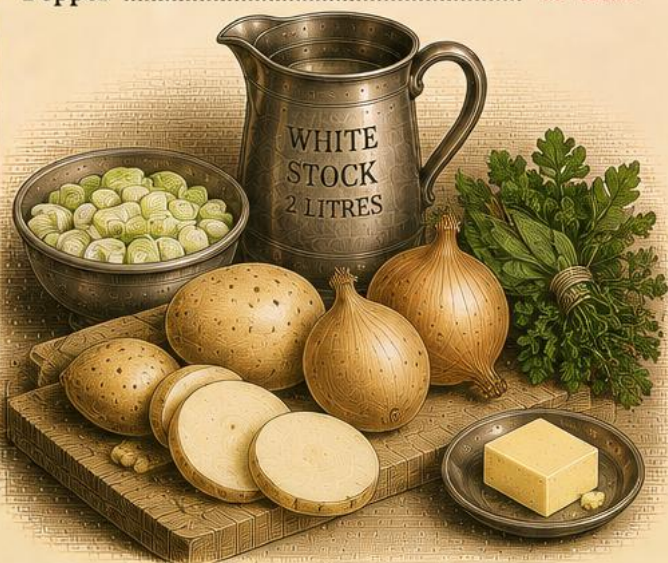


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Butter or margarine	50 g
White of leek	100 g
White stock	2 ltr
Onions	100 g
Potatoes	1.5 kg
Bouquet garni	1 small
Parsley (chopped)	10 g
Salt	to taste
Pepper	to taste



METHOD

1. Peel and slice the potatoes.
2. Melt the margarine in a saucepan.
3. Peel the onion and wash the leek, slice and cook without colouring in the butter/margarine.
4. Add the stock, sliced potatoes and the bouquet garni and season.
5. Simmer for 30 minutes.
6. Remove the bouquet garni and skim.
7. Pass the soup through a sieve, adjust the seasoning and consistency.
8. Return to a clean pan and reboil.
9. Garnish with the chopped parsley and serve.

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38

FRENCH ONION SOUP

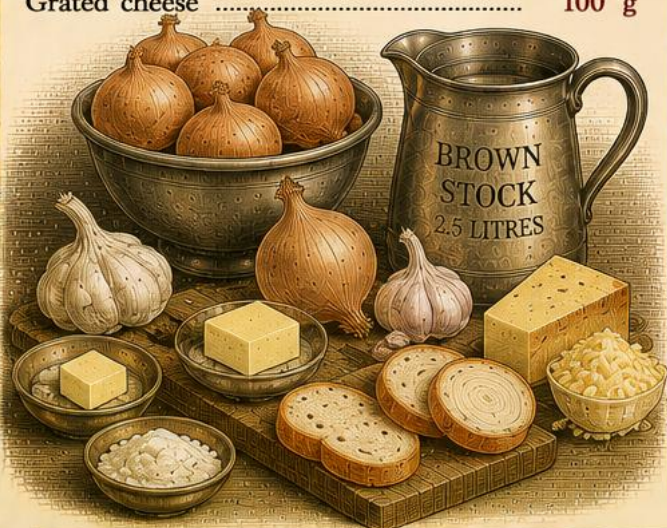


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Onions	1.5 kg
Garlic	2 cloves
Butter	50 g
Sugar	pinch
Flour	25 g
Tomato puree	25 g
Brown stock	2.5 ltr
Salt	to taste
Pepper	to taste
Croute de flutes	10 slices
Grated cheese	100 g



METHOD

1. Peel and finely slice the onions. Peel and crush the garlic.
2. Heat the butter in a saucepan add the onions, garlic and the sugar. Cook until well coloured.
3. Add the flour and allow to cook for 5 minutes. Add the tomato puree.
4. Gradually add the stock and bring to the boil. Skim and allow to simmer until the onion is soft.

5. Adjust the seasoning and pour into marmites.
6. Place croute de flutes on top of the soup and cover with the grated cheese. Gratinat through the oven or under a grill.

NOTES:

1. A mixture of 75% cheddar and 25% parmesan cheese will give both a good flavour and gratinate well.
2. The addition of 10 ml of cognac and 50 ml of white wine added to the soup with the stock, will enrich the flavour.

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39

MULLIGATAWNY

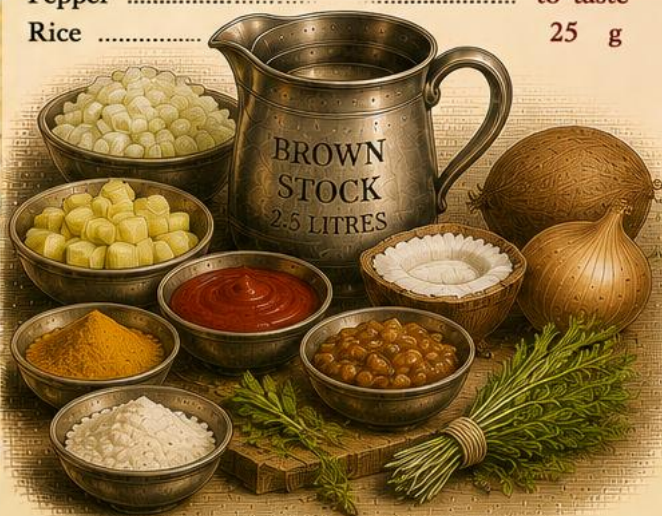
MACs MANUAL • CREAM SOUP • 2.5 LITRES



INGREDIENTS

QUANTITY
(2.5 LITRES)

Oil	100 ml
Onions	200 g
Curry powder	25 g
Flour	100 g
Cooking apples	100 g
Coconut	10 g
Tomato puree	25 g
Mango chutney	50 g
Brown stock	2.5 ltr
Bouquet garni	1 small
Salt	to taste
Pepper	to taste
Rice	25 g



METHOD

1. Peel and roughly chop the onions.
2. Plain boil the rice. Refresh and drain.
3. Lightly fry the chopped onions in the oil to a golden colour.
4. Add the curry powder and cook on a low heat for 3 minutes.
5. Add the flour and cook for a further 3 minutes.
6. Add the remainder of the ingredients except the rice, bring to the boil and simmer for one hour.
7. Pass through a muslin or sieve, reboil and skim.
8. Adjust the consistency and seasoning, add the rice and serve.

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40

OXTAIL SOUP

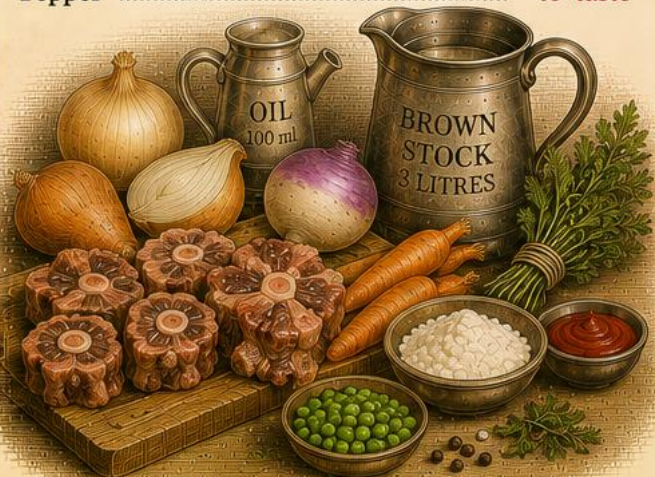


MACs MANUAL • CREAM SOUP • 2.5 LITRES

INGREDIENTS

QUANTITY
(2.5 LITRES)

Oil	100 ml
Oxtail (end pieces)	225 g
Onions	100 g
Carrots	150 g
Tomato puree	25 g
Flour	100 g
Brown stock	3 ltr
Bouquet garni	1 small
Turnips	50 g
Peas	25 g
Salt	to taste
Pepper	to taste



METHOD

1. Cut the oxtails into small pieces through the joints.
2. Peel and dice the onions, carrots and turnips. Put aside the turnip.
3. Fry the meat and vegetables together in hot oil to a light brown colour.
4. Add the flour and cook to a brown roux.
5. Add the tomato puree and the stock. Bring to the boil, skim add the bouquet garni and seasoning and simmer for 2½ hours.
6. Cook the turnip in boiling salted water. Add the peas, cook and refresh.
7. Remove the oxtail from the soup, allow to cool, remove the flesh and cut into small dice.
8. Strain the soup, re-boil, adjust the seasoning and consistency.
9. Add the garnish of peas, carrots, turnips and oxtail meat and serve.

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41

CREME GERMINY

MACs MANUAL • CREAM SOUP • 2.5 LITRES



INGREDIENTS

QUANTITY
(2.5 LITRES)

Veal or chicken stock	2.5 ltr
Sorrel	200 g
Eggs	10
Cream	300 ml
Butter	25 g
Chervil	1 sprig
Flutes de Croute	10
Salt	to taste



METHOD

1. Remove the stalks from the sorrel, wash the leaves well and shred finely. Melt the butter, add the sorrel, season with salt, cover with a lid and cook for about 5 minutes then put aside.
2. Bring the stock to the boil.
3. Prepare a liaison with the cream and yolks of eggs. Mix to a creamy consistency.
4. Add the boiling stock, whisking vigorously.
5. Reheat, stirring well until the yolks begin to thicken the soup.
6. Withdraw the soup from the stove, continue to stir to avoid curdling, adjust the seasoning and pass through a fine strainer. Add the sorrel, sprinkle with chopped chervil and service with flutes de Croute.

FROM THE MACs MANUAL • RECREATED BY PAUL BALDRY, MASTER CHEF

Good Food ~ Good Health ~ Good Order

TRIED • TESTED
AND TRUSTED
BY GENERATIONS
OF ARMY COOKS

★ UNDERSTANDING ★ THE SOUP CATEGORIES

CLASSIC ARMY CATERING CLASSIFICATIONS

Soups in this chapter are listed in the following categories as defined in the MACs Manual.

THE
MAC's MANUAL

★
THE STANDARD
REFERENCE FOR
ARMY COOKS
SINCE 1941

BROTH

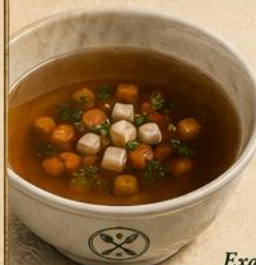


Example:
Scotch Broth



Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

CONSOMMÉ



Example:
Consommé Julienne.

Clear soup served either hot or jellied cold prepared from clarified beef, poultry, fish or game stock. Served with an appropriate garnish.

CREAM



Example:
Cream of Tomato Soup.

A purée of vegetables, chicken or shellfish sometimes with the addition of white sauce. Always finished with cream or a liaison of egg yolks and cream.



PURÉE

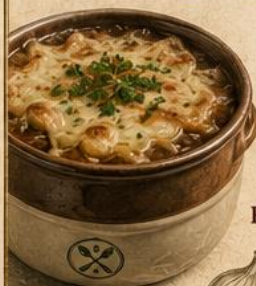


Example:
Lentil Soup.



Purée of vegetables or pulse. Thickened by its own ingredients which can be kept in suspension by the addition of a small amount of starch eg flour, cornflour, sago etc. The consistency should be similar to that of single cream.

UNCLASSIFIED



Example:
French Onion Soup.

Soups that do not sit naturally within the traditional classifications above.



COLD SOUPS



Examples:
Gazpacho.
Vichyssoise.

Soups specifically designed to be served cold. Generally light, refreshing and prepared from raw or cooked vegetables.

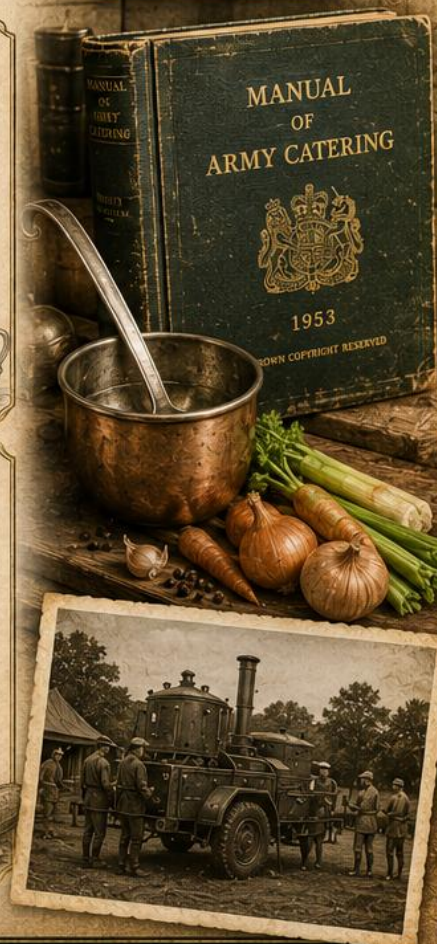


FROM THE MACs MANUAL

These classifications reflect the professional cookery methods taught to Army cooks. They provide a useful guide to the style, preparation and expected consistency of each type of soup.



Good Food ~ Good Health ~ Good Order ★



THE SOUP KITCHEN

STOCKS & FOUNDATIONS

THE BASIS OF GOOD SOUPS



All good soups begin with a well made stock. The skill and care used in preparing stocks and foundations will determine the flavour, colour and quality of the finished soup.



WHITE STOCK

Made from veal bones, trimmed meat, mirepoix and bouquet garni. Simmer gently, do not boil. Produces a light coloured stock with a delicate flavour. Used for cream soups, veloutés and light clear soups.



BROWN STOCK

Made from roasted bones and vegetables. The roasting gives colour and a deeper flavour. Used for brown soups, consommés, sauces and for enriching other stocks.



CHICKEN STOCK

Made from chicken carcasses, mirepoix and bouquet garni. Light in colour and flavour. The basis of many chicken and cream soups.



FISH STOCK (FUMET)

Made from fish bones, heads and trimmings with mirepoix and herbs. Do not boil vigorously. The basis of fish soups and sauces.



CONSUMMÉ

A clear, refined stock. The stock is clarified using a raft of minced meat, egg whites and vegetables. Used for clear soups such as Consommé, Julienne and Royal.



VELOUTÉ

A light, smooth white sauce made with a blonde roux and light stock. The base for many classic cream and purée soups.

WHITE SAUCE (BÉCHAMEL)

Made from a white roux and milk. The foundation for many cream soups, sauces and allemands.



CHEF'S NOTE

Take time with your stocks.

Simmer gently.

Skim often.

Strain well.

Good foundations make great soups.

GENERAL GUIDANCE

- Use only fresh, quality ingredients.
- Simmer gently — never boil rapidly.
- Skim regularly to keep the stock clear.
- Strain through a fine sieve or muslin.
- Cool quickly and refrigerate.
- Use within 48 hours or freeze.



GOOD STOCK ~ GOOD SOUP ~ GOOD FOOD ~ GOOD HEALTH ~ GOOD ORDER

THE SOUP KITCHEN

CLASSICAL SOUP TERMS

WORDS & TECHNIQUES FROM THE MACs MANUAL



An understanding of these terms and methods is essential in producing good soups.



BRUNOISE

Small dice cut approximately 3 mm (1/8 inch) square. Used for clear soups and refined garnishes.



JULIENNE

Cut into fine matchsticks about 3 mm (1/8 inch) thick and 4-5 cm (1 1/2-2 inches) long. Used in many clear soups.



PAYSANNE

Peasant cut. Irregular pieces of vegetables, medium dice or sliced. Used for thick country style soups.



LIAISON

A mixture of egg yolks and cream used to thicken and enrich soups without the use of flour.



PASS THROUGH A SIEVE

To strain a soup through a sieve to remove any solids and ensure a smooth, uniform texture.

VELOUTÉ

A smooth, velvety soup thickened with a light roux (white or blonde) and stock.



BOUQUET GARNI

A bundle of herbs, usually thyme, parsley and bay leaf wrapped in muslin and tied with string. Used to flavour stocks and soups.



CONCASSÉ

Crushed or coarse chop. Tomatoes or vegetables prepared in irregular pieces.



SIPPETS

Small pieces of toasted bread, pastry, or croutons used as a garnish in clear soups.



CROÛTE DE FLûTE

Slices of French bread, usually toasted, used as a topping for soups such as French Onion.



GRATINATE

To brown the top of a dish by placing it under a grill or in the oven until the surface is nicely coloured.



REFRESH

To cool cooked ingredients quickly in cold water. Used especially for vegetables and rice.



SKIM

To remove impurities, fat or scum from the surface of a soup or stock during cooking.



*Good soups begin
with good stock,
skill and care.*



THE CHEF'S GUIDE

Read the recipe all the way through.
Mise en place. Work clean. Skim often.
Season with judgement. Serve with pride.

KNOWLEDGE ~ METHOD ~ PRACTICE ~ PRIDE

THE SOUP KITCHEN

ABOUT THE AUTHOR

PAUL BALDRY

MASTER CHEF

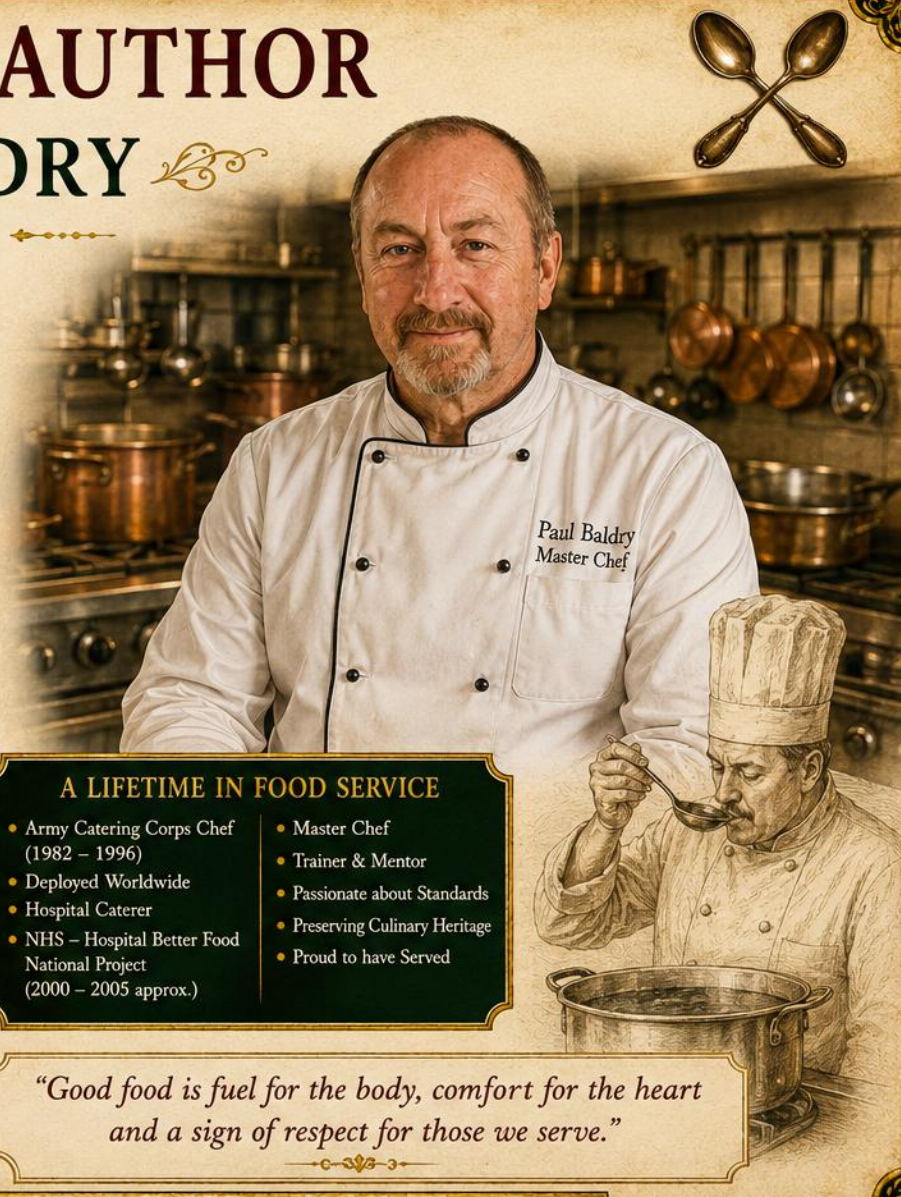
From a boy with a passion for cooking to a professional chef, my journey began in the Army Catering Corps in 1982. For over a decade I served as a chef in military kitchens across the world, preparing food for soldiers in all conditions, learning the values of discipline, teamwork and the importance of good food in maintaining morale, health and readiness.

After leaving the Army I continued my career in civilian catering, working in hospitals, industrial and commercial kitchens, and later as Master Chef in the NHS, where I was involved in national projects to improve standards of hospital food and training for catering staff.

Throughout my career I have believed that good cooking is built on three things: classical skill, sound knowledge and care in every detail. The recipes in this collection come from the original MACs Manual — the 'bible' of Army Cookery — and represent the training, standards and traditions that shaped generations of Army cooks.

Recreating these recipes has been a labour of respect and gratitude to all those who taught, mentored and cooked before me. My hope is that they continue to inspire cooks today, keeping alive the pride and professionalism of the Army Catering Service.

Paul Baldry
Master Chef



A LIFETIME IN FOOD SERVICE

- Army Catering Corps Chef (1982 – 1996)
- Deployed Worldwide
- Hospital Caterer
- NHS – Hospital Better Food National Project (2000 – 2005 approx.)
- Master Chef
- Trainer & Mentor
- Passionate about Standards
- Preserving Culinary Heritage
- Proud to have Served

*“Good food is fuel for the body, comfort for the heart
and a sign of respect for those we serve.”*

GOOD FOOD ~ GOOD HEALTH ~ GOOD ORDER



THE MACs MANUAL

• SOUPS, BROTHS & CONSOMMÉS •

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CLASSIC RECIPES
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Recreated by
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★ A HERITAGE OF SKILLS • A TRADITION OF EXCELLENCE ★