

# Low-Fat Cream of Celery Soup



## Nutrition Content per 100 g

<b>Calories</b>	60 kcal
<b>Total Fat</b>	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	5 mg
<b>Total Carbohydrates</b>	8 g
Dietary Fiber	0 g
Sugars	2 g
<b>Protein</b>	1 g
Calcium	24 mg
Magnesium	4 mg
Phosphorus	14 mg
Potassium	65 mg
Sodium	550 mg
Iron	0 mg
Vitamin A	106 IU
Vitamin C	1 mg

Ingredients	% Weight
<b>Emulsion Fraction</b>	
Water	12.00
<b>Cream (30% fat)</b>	1.55
Oil, vegetable	1.50
<b>Whey protein concentrate, 75% protein (WPC 75)</b>	0.70
<b>Buttermilk powder</b>	0.60

<b>Condiments</b>	
Water	22.00
Celery, diced	18.00
Salt	1.30
Sugar	1.20
Flavors	0.50

<b>Thickener Fraction</b>	
Steam condensate	19.95
Water (for slurry)	14.00
Starch, modified	3.50
Starch, corn	1.80

## Procedure

### Emulsion Preparation

1. Hydrate dairy powders in water at 38°C (100°F).
2. Add oil and cream to hydrated milk proteins and blend.
3. Heat to 60°C (140°F) and homogenize at 211 kgf/cm sq.

### Soup Preparation

1. Blanch celery in formula water for 3-4 minutes at 90-95°C (194-203°F).
2. Add salt, sugar and flavors.
3. Heat with live steam to 60°C (140°F).
4. Add emulsion to the kettle.
5. Add the thickener slurry and heat with live steam to expand the starch (88-92°C (190-198°F)).
6. Adjust to final weight with hot water, mix thoroughly.
7. Fill into cans while hot.