

## Soup Down

Soup onboard a submarine isn't a matter of opening up a can of premade soup as is common in many homes today. Instead, submarine cooks make their soups from scratch that begins by making a stock from meat, fish or vegetables. If served with a meal, clear soups accompany hearty meals while thick soups are served with lighter meals. Sometimes soups are available between dinner and supper meals or later in the evening after supper. These "soup-downs" provide additional nutrition to sailors and is a way to use leftovers from the day before.

Navy Bean Soup is always popular with sailors, and while they have over 20 soup recipes to choose from, submarine cooks often create their own unique soups. The Butternut Squash and Crab Chowder soup provided by Culinary Specialist Jerromiah J. Payne, USS Dallas SSN-700 won a gold award in October 2012 for his recipe, and in addition to being published in this cookbook, was published in a local sub base newspaper. Commander Seth Burton provided several regional soup recipes, including Chicken Gumbo and Chicken Texas Tortilla Soup, that are popular on the USS Scranton SSN-756 while the Knickerbocker Soup submitted by Culinary Specialist Luther Young is a favorite onboard the USS Boise SSN-764.

There are two drawbacks for submarine cooks when preparing soups, neither of which home cooks ever experience. One of these drawbacks is unexpected rough seas. Imagine having a large pot of soup simmering on your range. Now imagine that someone begins to vigorously rock your stove from side-to-side.

The other drawback is an emergency main ballast tank blow, most commonly called an EMBT blow. This procedure forces high-pressure air into its main ballast tanks, forcing water from the tanks which quickly lightens the ship so it can rapidly rise to the surface. You've most likely seen a photo of a submarine coming out of the water like a whale. That is an EMBT blow. So to recreate this drawback in your own kitchen, simply tip your stove on a 45° angle or so, while your large pot of soup is simmering.