

# Myers – Briggs Type Indicator

## Concepts of Understanding Type

### ***Pumpkin Soup***

*Ingredients (as printed in an actual cookbook)*

½ lb. mushrooms, sliced  
½ c. chopped onions  
1 tbsp. butter  
1 tbsp. flour

1 tbsp. curry power  
1 cooked slaved pumpkin  
3 c. broth, vegetable or chicken  
1 tbsp. honey

1 c. evap. Milk  
dash nutmeg  
salt and pepper

#### SENSING DIRECTIONS

1. Lay out necessary equipment: heavy pan, knife, caliper, thermometer, carpenter's level, tablespoons, measuring cups.
2. Check Ingredients. Consult cookbook or call friend to find out how much nutmeg, and how much salt and pepper should go in a batch of pumpkin soup.
3. Chop mushrooms and onions. (Caliper will be helpful here. 3/18" thickness recommended) sautéing mushrooms and onions in butter. After the sautéing in butter, add one tablespoon flour. This thickens the sauce a bit preparatory to adding the liquids and results in a thicker soup. You will know the mushrooms are cooked when a table knife encounters resistance when you try to cut one. You will know the onions are done when a table knife passes easily through.
4. Add flour. Add broth. (Be sure the measuring cup is on a level surface when you measure. Carpenter's level will be helpful here). Add everything else except milk. Add milk and heat without boiling. Thermometer will be helpful here. Do not let temperature rise above 200 F.)
5. Serve in tureen and bowls pleasing to the eye, and garnish with chopped fresh parsley.

#### INTUITIVE DIRECTIONS

There is a lot of possibility for creativity in this soup. A good, rich pumpkin soup offers potential for synchronous cooking. Open your refrigerator. Let your imagination roam, water chestnuts, olives, a dab of mustard, some pieces of chicken. Whatever! If you are going to call this pumpkin soup, it might be helpful to have some pumpkin, but mashed carrots, squash or even sweet potatoes will do. You might want to start by sautéing any ingredient that needs this process. In this way you will need to use only one pan. Add the rest of the ingredients and taste until it seems right to you.

While the soup heats (it is better not to boil it if you've included milk) you will probably want to make some rolls to go with the soup, and while you're in the mood for cleaning the refrigerator, and have to be in the kitchen anyway, you might want to defrost the freezer. In fact, you could probably get a little start on next week's cooking by frying up that frozen hamburger in the freezer. But the frying pan's dirty. But that is ok because you'll be in the kitchen anyway so you can wash the dishes.

And while you're washing the dishes, and thinking about the delicious soup on the stove, you can make plans either for a great soup tasting event or for the restaurant you're going to open. Serve the soup in whatever is clean, or send someone to the store for paper bowls.

#### THINKING DIRECTIONS

1. Analyze the process. This recipe can be cooked quite efficiently if some thought is given to process. For instance, melt the butter in the pan over low heat while you chop the onions and mushrooms. If the broth has been refrigerated, it will cook more quickly if you let it warm to room temperature.
2. Analyze the equipment. Try to use as few utensils, pans and bowls as possible. For instance, if you first measure the curry powder, then the butter, then the honey with the tablespoon, you will have to wash it only once. (The honey should slide off the butter.)
3. Analyze the recipe. Alternations should be made from the beginning. How many people are you serving? How much will each eat? Is the recipe large enough? Too large?
4. Proceed as with sensing directions.
5. It would be logical to serve this soup from a pitcher.

#### FEELING DIRECTIONS

You may need to substitute some ingredients to who will be eating the soup, so these are just guidelines. If there is someone who doesn't like mushrooms, you can leave out the mushrooms, or substitute potatoes. If onions are hard on someone's stomach, you can leave them out or substitute parsley or green peppers. A full tablespoon of curry powder may sound too strong for someone so you can leave it out or reduce the amount or substitute beau monde seasoning. In fact, you may want to wait until almost the last minute to decide whether or not to serve pumpkin soup. You may want to omit it entirely from your menu and serve another soup or dish that seems appropriate at that time. Just right. Serve with a warm smile.