



Tomato & Basil Soup

Season: Summer/Autumn

Type: Soups & Starters

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: basil, garlic, tomatoes

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This is a simple but classic soup you can easily make when you have plenty of tomatoes – usually in late summer and autumn. Homemade tomato soup is so much fresher and tastier than the canned version.

Equipment:

measuring spoons
green chopping spoons
large knife
passata machine
large stock pot
wooden spoon
large ladle

Ingredients:

2 tablespoons olive oil
3 onions
2 garlic cloves
3 kg very ripe tomatoes
1 L chicken stock
2 tablespoons rice flour
freshly ground black pepper
handful basil leaves

What to do:

- Peel and thinly slice onions.
- Peel and crush garlic cloves, finely.
- Heat oil in large stock pot, add onion and garlic. Cook until onion is transparent.
- Pass tomatoes through a passata machine. Add tomatoes to pot along with chicken stock.
- Heat to simmering point and simmer for 10 minutes.
- Mix rice flour to a smooth cream with a little of the soup.
- Add to the soup and cook for a further 10 minutes.
- Roughly chop the basil leaves and stir through.
- Adjust the seasoning to taste.

