

TOMATO SOUP

SERVES: 2 - 3 | PREP TIME: 5 MINUTES | COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 onion
- 1kg of ripe tomatoes
- 1 tablespoon of butter
- 3 tablespoons of tomato paste
- 500 ml of vegetable stock
- 1 teaspoon of sugar
- black pepper & salt, garlic cloves (at one's own discretion)

METHODS

1. Begin by washing the tomatoes and cubing them along with 1 onion
2. Heat a tablespoon of butter in a pot and add garlic cloves and chopped onions
3. Roast them on high heat for 3 to 4 minutes
4. Sprinkle sugar over the mixture, allowing it to caramelize and then add tomato paste
5. Add the chopped tomatoes, roast them slightly and pour in the vegetable stock
6. Allow the soup to simmer on a low heat for approximately 10 minutes
7. Remove the pot from the stove, and use a hand blender to purée the soup
8. Season the soup with salt and pepper, now it's ready to be enjoyed.



FACT FILE

It's fascinating to know that more servings of tomato soup are sold in UK supermarkets than any other variety. Additionally, the British consume an average of 500,000 tonnes of tomatoes per year, which amounts to about 160 grams per person per week. Surprisingly, one-fifth of these tomatoes are actually grown in Great Britain, making them homegrown produce. This highlights the significance of celebrating the classic British tomatoes and their unique flavours. The "British Tomato Fortnight 2023" is a special occasion that runs from May 29th to June 11th, marking the peak of the tomato season in Britain. It provides an opportunity to appreciate and enjoy the wide range of tomato varieties available. The local grown tomatoes tend to be richer in nutrition, which benefits the consumers' health.

TIPPS

Add fresh herbs like parsley, basil, or thyme to bring a fresh and aromatic touch to the dish. If you prefer a creamier texture, stir in some Greek yogurt or cream into the soup. To introduce a sweet and tangy element, drizzle a small amount of balsamic vinegar into the soup. Consider the soup as a starter or a main dish accompanied by croutons or bread for dipping.