



Tomato & Red Pepper Soup

Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr 15 mins
Resting Time: 15 mins (to de-skin)
Pre-heat Oven to Grill



METHOD

Grill the red peppers whole, continually turning until completely black (about 25 mins). Remove from oven and rest in a covered bowl for 10 mins. Remove the blackened skin, de-seed and coarsely chop.

INGREDIENTS

3 red peppers (sweet)

12 fresh & ripe Italian (plum) tomatoes

2 Tbsp extra virgin olive oil

1 tsp finely chopped chillies (optional)

2 tsp finely chopped garlic

¼ tsp salt

¼ tsp freshly ground black pepper

¼ tsp white pepper

2 Tbsp red wine vinegar

1 Tbsp tomato paste

1 tsp paprika paste (or ½ tsp powder)

500ml chicken or vegetable stock

400g tin peeled & diced Italian tomatoes with juice

Basil Pesto*



While the red peppers are cooking, score the tops of the fresh tomatoes and blanch in boiling water for about 5 mins. Remove each tomato from the water individually and skin, halve, de-seed and coarsely chop. Remove the seeds into a sieve over a bowl and then stir the sieve to extract & retain the juices from the seeds.

In a large heated saucepan, fry the red peppers in the olive oil together with the chillies for 3 mins.

Stir in the fresh tomatoes & juices. Add the garlic, salt, black pepper, white pepper and red wine vinegar and simmer covered for 10 mins.

Add the tomato and paprika pastes and simmer covered for 5 mins.

Stir in the stock and tin of tomatoes with the juices, bring to a boil and then simmer covered for a further 15 mins.

Blitz the mixture until smooth and re-warm the soup without boiling.

Serve into bowls and drizzle generously with basil pesto.

VARIATION

Leave out the chillies for a less spicy version.

HOW TO MAKE BASIL PESTO

Pound a handful of fresh basil in a pestle & mortar with a pinch of salt. Slowly add about 5 Tbsp extra virgin olive oil to make a thickish paste.

SERVING SUGGESTION

* Serve with ciabatta, seed loaf or homemade bread.

* As a larger meal, serve with an *Italian Antipasti Board** or a *Cheeseboard**.



