

IN THE KITCHEN ^{with} TAKE A BITE OF BC!

BCAITC's Chef Randle

SOUP
BASICS

BC TOMATO SOUP

YIELD: 1 litre

- 60 mL (1/4 cup) olive oil
- 1 medium BC onion, small dice
- 1 small BC carrot, small dice
- 1 stalk BC celery, small dice
- 3 cloves BC garlic, minced
- 100 mL (1/2 cup) tomato paste
- 600 mL (2.5 cups) BC grape tomatoes
- 500 mL (2 cups) vegetable stock
- 120 mL (1/2 cup) BC milk
- Salt and pepper

Method

1. In a large heavy bottomed pot, heat olive oil over medium high heat.
2. Add onion, carrot, celery and garlic. Sauté gently until soft (sweat). Do not brown. This should take about 8-10 minutes.
3. Stir in tomato paste and add tomatoes.
4. Cook the tomatoes for 5 – 7 minutes. As they heat they will blister. Use the spoon and the side of the pot to smash the soft tomatoes so they release their juices.
5. Add stock and bring to a boil.
6. Reduce heat and simmer for 15 minutes.
7. Puree the soup and add milk.
8. Adjust seasonings with salt and pepper.

