



Tomato & Basil Soup

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: basil, garlic, onions, tomatoes

This is a simple but classic soup that 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:

metric measuring scales, jug and spoons
clean tea towel
chopping board
cook's knife
large stockpot
stick blender
wooden spoon
small bowl
large ladle
bowls for serving

Ingredients:

2 tbsp olive oil
3 onions, peeled and thinly sliced
2 garlic cloves, peeled and crushed
3 kg very ripe tomatoes, roughly chopped
1 tsp caster sugar
1 L chicken stock
2 tbsp rice flour
1 handful of basil leaves, roughly chopped
freshly ground black pepper, to taste
sea salt, to taste

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat oil in large stockpot, add onion and garlic. Cook until onion is transparent.
3. Add tomatoes and sugar and cook for 10 minutes.
4. Add chicken stock and blend.
5. Heat to simmering point and simmer for 10 minutes.
6. Mix rice flour to a smooth cream with a little of the soup in the small bowl.
7. Add to the soup and cook for a further 10 minutes.
8. Stir the basil leaves through.
9. Adjust the seasoning to taste.
10. Ladle the soup into bowls to serve.
11. Serve warm with **Indian Flatbread**.

