



JERNEJ KITCHEN

TOMATO SOUP

Use the sweetest tomatoes you can get, add a dollop of garlic cream and a sprinkling of basil, you won't regret it.

SERVES 4
PREPARATION: 15 MINUTES
COOKING: 30 MINUTES

GARLIC CREAM

1 tbsp olive oil
1 whole head of garlic, peeled
250 ml whole milk, (3.5% + fat)

TOMATO SOUP

2 onions
3 tbsp olive oil
1 tbsp brown sugar
1 tsp tomato paste
500 g tomatoes, diced
3 basil leaves

TOOLS AND EQUIPEMENT

saucepan
pot
Kitchen knife
Cutting board
blender

GARLIC CREAM

Clean the garlic cloves and cut them in half. Heat the olive oil in a saucepan over low heat and add the garlic. Increase the fire to medium heat and fry for about 1 - 2 minutes. Pour in the milk and leave until it starts to simmer. Immediately lower the heat and slowly cook for about 10 - 15 minutes or until the garlic is cooked, completely softened and mushy. Remove from the heat and blend to a fine cream using a hand blender. Add a bit of milk if consistency is still too thick. Put aside until needed.

TOMATO SOUP

Peel and chop the onions. Place a pot over medium heat and add the olive oil. Add chopped onions and cook for about 5 minutes. Clean and roughly chop tomatoes.

TIP

Reserve tomato stalks if you have them. Add them to the pan with onions and cook with all of the ingredients. Remove them before blending the soup. Tomato stalks give the soup amazing tomato parfume and flavour.

COOK

Add the brown sugar and tomato paste, fry for another 3-5 minutes or until sugar and paste caramelize and get nice and golden. Give it a good stir and add your fresh tomatoes and basil to the pot, increase the fire to medium-high heat and cook for about 5 minutes. Pour in 600ml of boiling water, reduce the heat and simmer for 10 minutes with the lid on.

SERVE

Remove the pot from the heat. Season to taste with salt and papper. Transfer the soup to a blender and blend it until

creamy and smooth. Check and adjust the seasoning. Serve the tomato soup with few lugs of garlic cream, fresh basil and toasted bread.