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Cream Of Fresh Tomato Soup

材料:

- 1/4 cup chopped pancetta bacon
- 3 tablespoons good olive oil
- 1 1/2 cups chopped red onions (2 onions)
- 3 - 4 carrots, unpeeled and chopped
- 2 celery sticks, unpeeled and chopped
- 1 tablespoon minced garlic (3 cloves)
- 4 pounds vine-ripened tomatoes, coarsely chopped (10-12)
- 1 1/2 teaspoons sugar
- 2 cubes chicken bouillon
- 1 tablespoon tomato paste
- 1/4 cup packed chopped fresh cilantro & green onions
- 3 cups chicken stock, preferably homemade
- 1 tablespoon kosher salt
- 2 teaspoons freshly ground black pepper
- 3/4 cup milk or heavy cream

做法:

- 1.Heat the olive oil in a large, heavy-bottomed pot over medium-low heat.
- 2.Add the onions and carrots and saute for about 10 minutes, until very tender.
- 3.Add the garlic and cook for 1 minute. Add the tomatoes, sugar, tomato paste, cilantro, green onions, chicken stock, chicken bouillon, salt, and pepper and stir well. Bring the soup to a boil, lower the heat, and simmer, uncovered, for 30 to 40 minutes, until the tomatoes are very tender. Add the cream to the soup and process it with a hand immersion blender.

Tips:蕃茄買回家不要放冰箱,不然甜味會出不來