



Tomato and Corn Soup

Serves 4

Ingredients

2kgs tomatoes
extra virgin olive oil (to sauté onions)
2 Spanish onions, quartered and sliced
3 cloves garlic, roughly chopped
3 corn cobs, steamed or microwaved until soft then remove kernels
1 large red capsicum, halved and sliced
500ml (2 cups) chicken or vegetable stock
1 tblspn tomato paste
1 cup fresh basil
½ tspn dried oregano
Pinch bicarbonate of soda
Sea salt and cracked black pepper

Method

Chop tomatoes into quarters, taking out core and put into saucepan over medium heat for 10–15 minutes, or until soft. Take off heat and let cool for 10 minutes, then put through a food mill to extract the juice.

Put olive oil into another large pan, when hot add onions and garlic. Sauté for 2–3 minutes until onions are translucent.

Add capsicum and corn, stirring to combine, cook for 2–3 minutes.

Add tomato, stock, tomato paste, bi-carb soda, oregano, and whole basil leaves, season with salt and pepper and simmer, covered with lid, for a further 20–25 minutes

Take off heat. Allow to cool for 15 minutes then blend soup in a blender or with a bamix.

Serve with 2 whole fresh basil leaves as a garnish.

Some of these recipes have been presented by Pip on 'Vasili's Garden' lifestyle television program on Melbourne's Channel 31. Pip appears courtesy of Pip's Cooking School.

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