

# Tasting, Sampling and Sharing with friends

## Delicate Tomato and Orange Soup



### Ingredients Serves (6 )

1 ½ lb Ripe tomatoes	tbsp. sugar
1 x 400 g can chopped tomatoes	Tbspn cup water
1 large red onion (peeled and diced)	Olive oil to fry
3 oranges	Salt and sugar to season

### Method

Dice the onion finely and fry gently in olive oil till tender. Cut the tomatoes in 4, add the tomatoes to the onions when soft and continue to cook slowly until all soft (about 15 / 20 minutes) Add the tin of tomatoes and continue to cook for another 5 minutes. Add ½ teaspoon sugar and 1 teaspoon salt, stir well.

Put the tomato mixture through a sieve into a large bowl or 2<sup>nd</sup> saucepan, squeezing out all the juice and thicker juice from bottom of sieve, ( leaving the tomato skins and any onion bits out, throw these away.)

*(Optional as for garnish)-1 orange, take very thin strips off the rind and leave to one side. In a pan add tablespoon sugar and ¼ cup water bring to boil, continue to boil and keep watching until it starts to go golden brown (if its dark its too late) take off heat throw in the orange strips , stir well to coat and pour out onto baking paper to cool. When crystallised orange strips are cold, crunch up to make a crunchy powder for decorating the top.*

2 oranges, zest these two and leave oranges to one side. Cover the zest with cling film for later.

Juice all 3 oranges. When tomato soup mixture has cooled a little add half the orange juice and taste, keep adding a little at a time until you taste the delicate orange/tomato soup. You will do well to taste the tomato before adding the orange so you can judge how the orange is changing the flavour.

To serve, warm up the soup adding the zest, stir well, serve in soup bowls and add the crunchy orange at the table. Serve with warm crusty rolls.