

Idiot's Kitchen Recipe – Creamy Roasted Tomato Soup

Recipe from www.idiotskitchen.com – Adapted from Cook's Illustrated



Ingredients:

2 (28 ounce) cans whole peeled tomatoes – be sure to buy tomatoes in their juices and not in puree
1 ½ Tablespoons brown sugar
½ stick (4 Tablespoons) butter
4 Shallots – finely chopped
1 Tablespoon tomato paste
Allspice – just a pinch
2 Tablespoons flour
1 (14 ounce) can low-sodium chicken broth (1 ¾ cups)
3 cups of reserved juices from the canned tomatoes
2 Tablespoons Brandy
½ cup heavy cream
Salt & Pepper
Cayenne Pepper

Pre-heat the oven to 450 degrees.

Drain the tomatoes and reserve the liquid and juices from the can. Gently use your fingers to open each tomato and remove the liquids and seeds. Put the tomatoes on a foil lined baking sheet. Sprinkle the tomatoes with 1 ½ Tablespoons brown sugar and bake in a 450 degree oven for 30 minutes until mostly dry. Strain the seeds from the tomato juice and reserve the juice for the soup.

Sauté 4 finely chopped shallots in ½ stick butter. Add 1 Tablespoon tomato paste and a pinch of ground allspice. Cook over low heat, stirring to prevent sticking, for about 5 minutes until the shallots are soft but not browned. Add 2 Tablespoons of flour to the shallots to make a roux. Stir and cook for 1 minute. Add 1 can of low-sodium chicken stock and 3 cups of the reserved tomato juices. Whisk to remove any flour lumps.

When the tomatoes have roasted and cooled slightly, peel from the foil and add to the soup. Bring the soup to a boil and then reduce the heat to low. Simmer gently and stir occasionally for 15 minutes.

Remove the soup from the heat. Using an immersion blender or standard blender, blend the soup until the tomatoes are smooth and velvety. Add 2 Tablespoons brandy and ½ cup heavy cream. Season with salt, pepper and cayenne to taste. Warm the soup gently over low heat. Makes 4 servings.