



Allotment Gardening In North Essex -- At Home In The Kitchen

Tomato Soup

Ingredients: 28 portions

3.5kilo 8lb tomatoes
2tbspn tomato puree
3lt 5pts stock
160g 6oz bacon scraps
330g 12oz carrots
330g 12oz onions
2tspn mixed herbs
1dessert spoon sugar
50g 4oz butter or margarine
650g 1 1/2lbs of potatoes

Note: Potatoes are used to thicken this soup instead of flour, as this prevents the soup consistency from splitting when defrosted.

Method:

1. Gently fry off the bacon, carrots and onion in the butter without colour
2. Add the tomato puree and mix well
3. Add the tomatoes and cook for a few minutes
4. Add the potatoes seasoning and stock
5. Allow to cook for an hour
6. Liquidise the soup
7. Pass through a sieve to remove any tomato skin and seeds
8. Bring back to the boil in a clean pan
9. Add the sugar
10. Correct seasoning and consistency
11. Serve in containers for freezing
12. Allow to cool as quickly as possible and freeze