Fresh Tomato Soup

Description

While tomato soup recipes often call for tomatoes in myriad forms (fresh, roasted, canned, pasted, sun-dried, pureed or chopped, just to name a few), this soup intentionally highlights the gorgeous, perfectly-ripe tomatoes that currently grace our local markets. The last of the late summer crop are arguably the best tomatoes of the year (perhaps second only to the long awaited first bite in June). The heat truly brings out the sweetness of this often under-appreciated fruit. And in this recipe, the tomato is the star, giving the soup and flavor a brightness that off-season or canned tomatoes just can't beat.



Summary

Yield: 4
Source: Love and Olive Oil

Fresh Tomato Soup

Prep Time: 45 minutes
Category: Soups
Cuisine: American
Tags: pdf, new

Ingredients

- 2 tbsp olive oil
- 1 onion finely diced - about 3/4 cup
- 1 carrot finely diced - about 1/2 cup
- 3 clove garlic minced
- 1 tbsp fresh oregano chopped
- 1 tsp fresh thyme chopped
- 1/2 tsp red pepper flakes
- 2 tbsp tomato paste
- 1/4 cup white wine
- 5 medium ripe tomatoes - about 2 lbs. cored and roughly chopped
- 1 tsp sugar

Fresh Tomato Soup

- 1/4 cup marscapone cheese

Instructions

In a large saucepan, heat the olive oil over medium heat.

Add onion and carrot and sauté until translucent, 6 to 7 minutes.

Add the garlic, herbs and red pepper flakes and cook until fragrant.

Add the tomato paste and stir until all the vegetables are evenly coated.

Add the white wine and cook for about a minute or until the liquid is mostly evaporated, stirring to incorporate any brown bits from the bottom of the pan.

Add tomatoes and their juices along with the sugar and simmer for about 10 to 15 minutes or until tomatoes are soft and just beginning to break down.

Remove from heat and let cool slightly.

Transfer to a blender or food processor (working in batches if necessary, and be careful when blending hot foods!) and puree until smooth.

Return to saucepan set over medium-low heat until heated through; season to taste with salt and pepper.

Fresh Tomato Soup

Add mascarpone and stir until smooth and serve warm with crusty bread.

Notes

* While the perfectly ripe, peak-season tomatoes are what make this soup truly special, during the rest of the year you can substitute a 28-ounce can of San Marzano tomatoes.

** Mascarpone is a soft fresh cheese similar to cream cheese. You can find it locally at some grocery stores, Whole Foods or Lazzaroli Pasta in Germantown. Substitute heavy cream if you can't find it.