

Roasted Tomato

COCONUT CREAM SOUP

This sumptuous plant-forward soup is delicious and comforting, using ingredients available year-round. The robust roasted tomato and charred citrus flavors balance the rich and creamy coconut cream.

INGREDIENTS

1-pint cherry tomatoes, halved
1 lemon, zested and quartered,
reserve zest for garnish

splash olive oil
1 large onion, sliced
3 whole cloves garlic, peeled
2 tbsp/30 ml chopped thyme | reserve
half of the thyme for garnish
3 cups/700 ml vegetable stock
4 sprigs basil
15 oz/425 ml can of coconut cream
salt and pepper, to taste

CHEF'S TIP

Add 1/2 cup/125 ml of stock at a time to achieve concentrated, robust flavors and reduce by half before adding more stock. This process takes time and patience, but the results are worth it.

METHOD

Drizzle tomatoes and lemons with olive oil. Place cut side down on separate sheet pans. Roast in a preheated 350°F/176°C oven until the lemons char and the tomato skins blister, about 30 minutes.

In a large saucepan, heat olive oil over low heat. Sauté onions-garlic until golden brown. Add blistered tomatoes and lemons and cook until they stick to the pan. Reserve 1 cup/250 ml of the stock for the puree step. Add 1/2 cup/125 ml of the 2 cups/500 ml stock at a time. Reduce by half before adding more stock. The stock will absorb the flavorful bits from the bottom of the pan as it reduces.

Repeat for the balance of the reserved stock. Remove the lemon slices. Add the fresh basil and half of the chopped thyme. Adjust the seasoning with salt and pepper to taste.

Carefully pour the hot soup mixture into the blender bowl. Add the reserved 1 cup/250 ml of stock. Puree on high until the mixture is smooth and creamy.

Add the coconut cream. Pulse to blend; be careful not to overmix. Return soup to a saucepan and reheat over low heat. Serve hot, garnish with reserved lemon zest and chopped thyme.