

Tomato & Bread Soup

Serves 1 | Active Time: 35 minutes | Total Time: 45 minutes

Swick

Chef's Notes

The bread in this recipe is the starchy component and is used to thicken the soup.

Roasting the Tomatoes

Preheat your oven to 350 degrees Fahrenheit (175 degree Celsius).

Prick the cherry tomatoes with a fork and place into a bowl. Emince the garlic and sprinkle over top. Remove the leaves from the basil stems (reserve the stems) and add one-quarter of the leaves to the bowl. Drizzle the tomatoes with olive oil and season with salt and pepper to taste. Toss to coat evenly.

Place onto a roasting tray and roast for approximately 20 to 30 minutes to concentrate/caramelize.

Step 1: Roasting the Tomatoes

- 1 lb cherry tomatoes
- 1 clove garlic
- 1 large bunch fresh basil
- extra-virgin olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

Preparing the Soup

Finely dice the reserved basil stems and mince the garlic.

Place the olive oil, basil stems and garlic in a heavy-bottomed pot. Turn the heat to medium and gently fry the garlic until fragrant but not brown. Once fragrant, add the canned tomatoes and break them up slightly with a wooden spoon. Add the water and bring to a simmer. Season with salt and pepper to taste. Cook for about 10 to 15 minutes.

In the meantime, break up the bread into bite-size pieces. Once the soup has simmered for about 15 minutes, add the bread to the soup. Tear the remaining basil leaves into the soup and stir (reserve a few for garnish, if desired). Reduce the heat to low and let sit for about 10 minutes to thicken.

Once the tomatoes are roasted, add them to the soup, scraping any nice caramelized bits into the pot. Stir to combine. Season to taste.

The soup should have a thick, porridge-like texture to it. If it is too thick, adjust the consistency with a bit of water.

Remove the soup from the heat and add the olive oil. Serve the soup in warmed bowls. Garnish with the extra basil, if desired.

Step 2: Preparing the Soup

- 2 cloves garlic
- 2 - 400 g cans quality cherry or plum tomatoes
- 3 to 4 cups stale rustic bread
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 3 tbsp extra-virgin olive oil
- 400 ml water
- 7 tbsp extra-virgin olive oil