

the cookbook store

850 yonge street (at yorkville) toronto, canada m4w 2h1

(416) 920-2665 (cook) 1-800-268-6018 www.cook-book.com email: cooking@ican.net

For the Love of Soup

Jeanelle Mitchell

Whether a traditional favourite like turkey barley or a less familiar soup such as African peanut chicken soup, the methods in this self-published book usually feature only two steps. Mitchell offers tips for preparing, serving and making the recipes more healthy. Most of the recipes make 4-6 servings. Line and colour illustrations. 210pp. \$20.00.

Roasted Tomato Garlic Soup

Serves 4 to 6

Roasted vegetables adds an interesting smoky taste to soups. Delicious served chilled on a hot summer day.

3 lbs ripe plum tomatoes 1.5 kgs
1 whole head garlic 1
2 onions, each cut in eight wedges 2
2 carrots, scraped and cut in chunks 2
1 tbsp olive or safflower oil 15 ml
2 cups low-sodium chicken or vegetable stock 500 ml
1 cup water 250 ml
1/4 cup chopped fresh basil 50 ml
Sea salt and freshly ground black pepper to taste

Preheat oven to 375°F/190°C.

1. Trim stem end of tomatoes and cut in half lengthwise. Place tomatoes, cut side up on a large foil-lined baking sheet. Cut into 1/2 inch/1.25 cm off the top of the garlic; place garlic, onions and carrots on baking sheet with the tomatoes. Lightly brush vegetables with oil.
2. Roast for 40 or 50 minutes or until vegetables are soft. When cool enough to handle, remove garlic pulp by gently squeezing garlic cloves and remove skin off tomatoes.
3. Place roasted garlic, tomatoes, onions and carrots in a large saucepan. Add stock, water, and basil; bring to a boil. Reduce the heat and simmer for 10 minutes. Remove from heat and let cool slightly.
4. Purée soup in the saucepan using an immersion blender or transfer in batches to a blender or food processor and blend until smooth. Return soup to saucepan, season with salt and pepper and simmer until heated.

**Present this coupon at The Cookbook Store and receive 15% off
For the Love of Soup.**

Valid to March 31, 2002.

the cookbook store 850 yonge street at yorkville, toronto 1-800-268-6018