



Roast Tomato & Garlic Soup

Oven

Preheat to 180°C

Baking Tray

Lightly brush the garlic bulb with oil and place the whole bulb and tomatoes, cut side up, on a tray lined with baking paper. Season with salt and pepper, and sprinkle with sugar.

Oven

Roast for 30 to 40 minutes or until the tomatoes and garlic are tender. Remove from oven for ten minutes. When cool enough, peel the tomatoes over a bowl, discarding the skin but keeping their juice. Squeeze the garlic from its bulb. Set aside.

Soup pot (large)

Heat the oil over a low-medium heat and sweat the onions until soft. Add the garlic and cook for two minutes. Add the tomatoes and their juice. Bring to the boil. Add the beer and vegetable stock and bring back to the boil. Reduce heat and simmer, uncovered, for 20 minutes stirring occasionally. Season with salt and pepper.

Blender or food processor

Process until smooth. Pass the soup through a sieve into a bowl, extracting the tomato seeds and discarding them. Return the soup to the pot and bring back to the boil. Simmer for ten minutes or until the soup reaches your desired level of thickness.

Serving up

If you want to present this soup with flair, roast whole small tomatoes on the vine, lightly brushed with oil, for five minutes before sitting them in the serving bowls.

Serves: 4

Preparation: 15 to 20 minutes

Cooking: 45 to 55 minutes

Ingredients

125ml beer (lager)

Oil for brushing

1 garlic bulb

2kg ripe tomatoes halved with cores removed

Salt and cracked black pepper to season

2 teaspoons castor sugar

2 tablespoons oil

1 medium onion, finely chopped

2 1/2 cups vegetable stock

Garnish

Enough whole small tomatoes on the vine to sit in the serving bowl (see photograph) - optional.