

# TOMATO BISQUE

Last Modified: 12/07/2018

PREP: 15 Min  
COOK: 50 Min  
STOVETOP

F EASY

SOUP-VEGETABLE

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	28 Oz	Cans Whole Plum Tomatoes (Rega San Marzano)	
1 1/2	Cups	Heavy Cream	
1/4	Cup	Olive Oil	
2	Cups	Red Onion	Chopped
2	Large	Shallots	Chopped
2	Whole	Carrots (Leaves Reserved)	Chopped
4	Cloves	Garlic (Crushed)	Thin Sliced
4	Sprigs	Fresh Thyme (Leaves Only)	Chopped
2	14 1/2 Oz	Cans Vegetable Stock (Swanson)	
1 +/-	Tbsp	Granulated Sugar	To Taste
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

## OPTIONAL

1/4	Cup	Fresh Basil Leaves	Fine Chop
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## PREPARATION

<b>FACTOID</b>	Technically, a "Bisque" is simply a thick, rich, flavorful Broth. I prefer this to Campbell's Tomato Soup. A touch more work, than opening a can, but WELL worth the effort involved. Canned Tomatoes vs Fresh Tomatoes: Canned Tomatoes have an enhanced and richer flavor. Fresh Tomatoes are NOT the way to go here.
<b>TOOLS</b>	1) Food Processor OR Blender 2) Large Stock Pot & Lid
<b>PREP</b>	<b>DISH</b> 1) Chop the Red Onions and set them aside. 2) Chop the Shallots and add them on top of the Onions. 3) Chop the Carrots and add them on top of the Onions (Reserve the Green Tops). 4) Crush and thinly slice the Garlic Cloves and set them aside. 5) Strip the Leaves from the Thyme and add them on top of the Garlic. 6) Strip the Leaves from the Parsley and add them on top of the Garlic. 7) Remove the Leaves from the Basil, coarsely chop and set them aside.
<b>CAUTION</b>	Canned Tomatoes by brand name will vary GREATLY in flavor and acidity, so choose one you like. I LIKE Rega San Marzano & don't need to add any additional Sugar. The acidity of other brands can be lowered through the judicious use of Sugar.
<b>1</b>	<b>MIREPOIX:</b> In a large stock pot over medium high heat, add in the Olive Oil and heat until it shimmers. Stir in the Onions, Shallots, Thyme and Carrots and stir fry until the Carrots soften, about 10 minutes. Stir in the Garlic, Parsley & Thyme Leaves and cook until fragrant, about 2 minutes more.
<b>2</b>	<b>PUREE:</b> Add the Onion Mixture and undrained Tomatoes into the food processor. Using a paring knife, coarsely chop the Carrot Tops into the food processor. Seal & pulse until the mixture is coarse and then run until it is very smooth.

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<b>3</b>	<b>BISQUE:</b> Pat any excess Oil out of the stock pot with paper towels. Place it back over medium high heat and add in the Vegetable Stock. Scrape the bottom to loosen any Fond. Stir in the Puree, cover and heat to a boil, reduce the heat to a simmer and simmer while covered, stirring frequently for 45 minutes. Stir in the Heavy Cream and heat through, about 5 minutes more. Season to taste with Salt, Pepper and Sugar.
<b>CAUTION</b>	Since this Soup contains Heavy Cream (irradiated or not), it CANNOT be canned, but it does freeze and reheat well as-is. If you feel an uncontrollable need to can it, leave out the Cream and add it in later whenever you reheat it for consumption.
<b>SERVE</b>	Ladle the Soup into warm bowls. Sprinkle the top with finely chopped Basil for a little color & flavor. Enjoy with a Grilled Cheese Sandwich on the side.





