

[Stella Cadente](#)

Chilled Fresh Tomato Soup With Summer Relish

Posted by Administrator on March 19, 2012 in [Soups](#)

Serves 6-8

Unfortunately, regular hot-house tomatoes don't work in this recipe. Wait until tomatoes are in season and select the most flavorful, vine-ripened ones you can find. This is a great excuse to visit your local Farmer's market. For variety I sometimes will separately add up to a cup or so of freshly juiced cucumber, sweet red bell pepper or carrot to the soup mixture.

4 pounds coarsely chopped ripe tomatoes
1/4 cup balsamic vinegar (or to taste)
Kosher salt and freshly ground white pepper
Summer Relish (recipe follows)

Garnish: Sliced avocado fans, yogurt or crème fraiche and basil oil, or Stella Cadente's L'Autunno Blend with minced basil.

Using a food mill, puree the tomatoes—a food mill is preferred because a blender or food processor tends to incorporate too much air. In using the food mill, move from the coarsest to the finest blade, depending on the texture you desire. Discard the skins and seeds. Correct the seasoning with the vinegar, salt and pepper. Cover and refrigerate until very cold.

To serve, ladle soup into chilled soup bowls. Place 1 or 2 tablespoons of the Summer Relish in the center and garnish with sliced avocado fans, a drizzle of yogurt or crème fraiche and drops of basil oil or L'Autunno Blend w/minced basil around.

Summer Relish

1 tablespoon chopped fresh basil
2 teaspoons chopped fresh mint
1/4 cup diced red onion
3 tablespoons diced red bell pepper
1/4 cup seeded and diced cucumber (lemon cucumber preferred)
2 teaspoons Stella Cadente's L'Autunno Blend extra virgin olive oil
Salt and freshly ground pepper to taste

In a bowl gently combine the relish ingredients. Correct the seasoning with salt and pepper.
Recommended Wine: Fume/Sauvignon Blanc really expresses the flavors and aromas of a summer vegetable garden. Mint and basil are a perfect match for the fresh "green" herbal flavors of Sauvignon Blanc.

From chef John Ash's Summer Hot Weather Recipes, modified

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