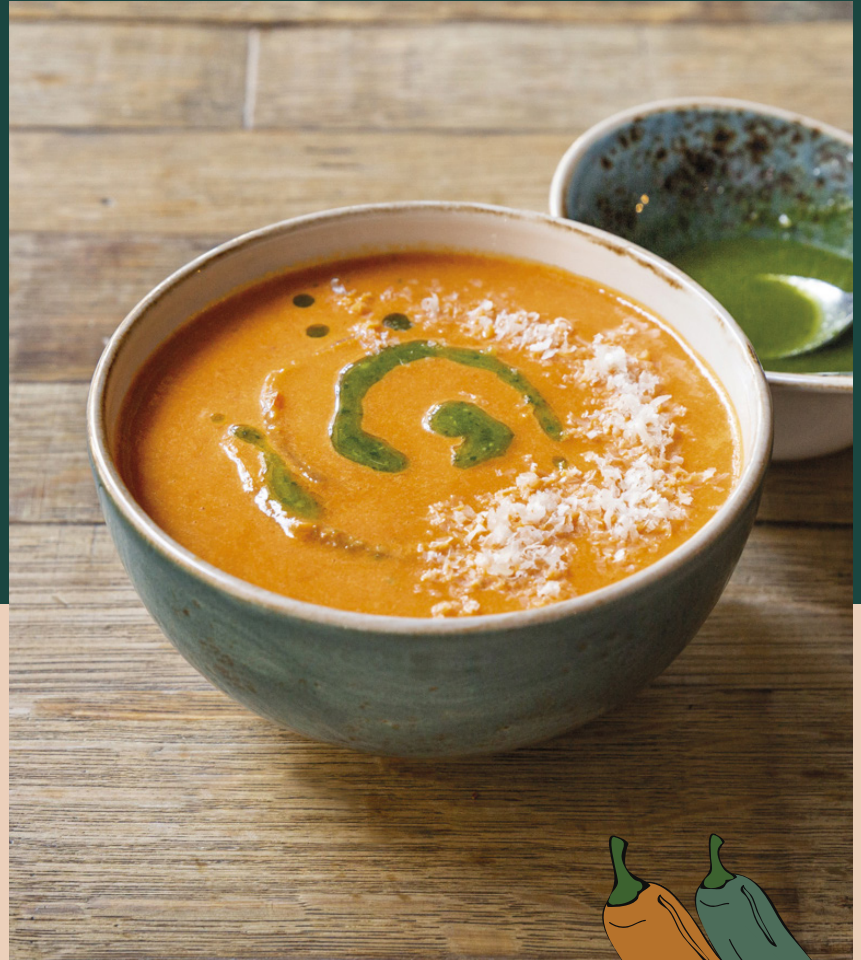


ROASTED RED PEPPER SOUP



This colourful Roasted Red Pepper Soup is garnished with basil pesto and parmesan.

Perfect for the winter months, it will fill your belly and keep you warm.

Serves 6

4 whole red bell peppers (av. weight 870g)
60 ml olive oil
200g onions, peeled and chopped
30g butter
15g of castor sugar
135g parmesan rind

850 ml vegetable stock (about 20g veg. bouillon)
300 ml cream
4g basil pesto
6g grated parmesan
Salt and pepper to taste

1. Wash the peppers and place on a baking tray with a drizzle of the olive oil (about 20 ml), lightly seasoned with salt.
2. Place into oven at 170c for 20 minutes or until soft and slightly coloured.
3. Remove from the oven and place in a container covered with a lid or plastic wrap - this will make the peeling of the peppers easier.
4. Leave for about 15 minutes and then peel and deseed the peppers.
5. Sauté onions in a pan with 30g butter and the remaining 40ml olive oil until transparent.
6. Add the peppers with 15g of castor sugar and sauté for another 10 minutes.
7. Add parmesan rind with vegetable stock and 300 ml of cream.
8. Simmer slowly for 20 minutes, then remove the parmesan rind and blitz all ingredients together.
9. Season to taste and divide into 6 bowls.
10. Add 4g basil pesto and 6g of parmesan to serve.

