



THE
LITTLE FRENCH BAKERY

TOMATO BISQUE SOUP

1 stick of butter, plus 2 T

1/3 cup flour

1 quart milk

1 cup heavy cream

3 cans (large) diced or whole peeled tomatoes (diced and crushed if whole)

1-2 fresh chopped tomatoes

1 green pepper, chopped

1/2 large onion, chopped

1 clove garlic, chopped

2 Tablespoons dried Basil leaves

dash of cayenne pepper and/or tabasco to taste

1 tsp salt and 1 tsp black pepper (to taste)

In a large saucepan, melt the stick of butter. Add the flour and stir quickly to create a roux. Cook for a minute two, then stirring/whisking constantly, add the milk. Continue stirring over medium heat until the mixture starts to thicken. Then add the cream. Continue stirring/cooking until the mixture thickens. Do not heat to a boil. Remove from the heat.

In another stock pot or large saucepan, melt the remaining 2 T of butter. Sauté onions, green pepper and garlic until the onions are translucent. Add the tomatoes and basil and bring to a simmer for 30 minutes. If you like the texture a more uniform, use an immersion blender to further chop the cooked tomato pieces. Be sure to reduce the heat to

barely a simmer, then add the white sauce. Add the cayenne and/or tabasco and adjust seasonings. Hold under a boil to prevent separation.

At this point, if you have a sous vide system, preheat the water to 172-175 degrees F, and place the bags in the water after removing the air. Hold until ready to serve. When ready to store, prepare an ice water bath and immerse the bag in the ice water for at least 45 minutes. Add ice as needed to keep the water very cold.

Serves about 6.