



Pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Flame Grilled Pepper & Tomato Soup

Serves 4

6 Peppers (red, orange or yellow)
2 tins of good quality tomatoes
1 heaped Tbsp half fat crème fraiche
1 Tbsp chopped basil
Salt & Pepper
1 Tsp sugar (optional)



- Chop pepper in half remove stalk and seeds.
- Place skin side up on a tray and place under grill until the skin is black and blistering
- When cool enough to handle peel away the skin and chop into chunks
- Place in a pan along with tin of chopped tomatoes
- Blend until smooth
- Use some vegetable stock if necessary to thin the soup
- Just before serving add the crème fraiche, basil and taste for seasoning add salt & pepper if necessary