



HIGHGATE PRIMARY SCHOOL

(Gluten free-vegan-dairy free soup)

White Tomato & Coconut Soup

White tomato soup Serves

6 portions

Ingredients:

1	kg	over ripe tomatoes
¼	bunch	basil
2	pc	shallots
200	ml	coconut milk
2	pc	leek
200	gram	peeled potato
25	gram	corn flour

1. Remove stem and core from tomatoes and quarter.
2. Peel shallots and rough chop
3. Place quarter tomatoes, chop shallots and basil leaf in blender.
4. Once blended, place tomato pulp in a cheese cloth and hang in fridge 24 hours with recipient under cheese cloth.
5. Discard tomato pulp and reserve the tomato water for the soup.
6. Chop leek and peeled potatoes.
7. In a deep pot, sweat the leek and potato and add salt.
8. Once leek and potato are soft add coconut milk and bring to a boil.
9. Add tomato water. Blend, in the same pot with stick blender until smooth.
10. In a bowl mix corn starch with just enough water to be malleable.
11. Whisk the malleable corn starch mix into the smooth soup and bring back to the boil.
12. Adjust seasoning if needed, serve hot.



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