

Cream of Tomato Soup with Plaited Bread

Ingredients for Cream of Tomato Soup:

300g Tomatoes
300ml Stock of Choice (Stock Cube and Water)
12g Butter
1 Stick of Celery, Peeled and Chopped
1 Carrot, Peeled and Sliced
1 Small Onion, Peeled and Chopped
1 Rash of Bacon (Chopped)
1 Level Tablespoon Plain Flour
Seasoning: Salt and Pepper
Fresh Basil Leaves
Cream to serve

Ingredients for Plaited Bread:

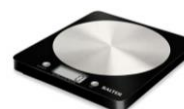
250g Strong Plain White or Brown Bread Flour
½ Teaspoon Salt: From School
½ Teaspoon Sugar: From School
50g Butter
7g (1 Sachet) Fast Acting Easy Blend Dried Yeast
150ml Warm Water: From School
Milk and Egg Wash: From School

Optional Bread Ingredients:

50g Cheese
Seaseme Seeds
Poppy Seeds
Dried / Fresh Herbs
Sundried Tomatoes
Any Other Ingredients of Your Choice



You will need a liquid tight container for carrying your soup home in and a separate container for your plaited loaf of bread.



Method:

1. Preheat oven to 220°C / Gas Mark 7.
2. Weigh and measure out all ingredients accurately.
3. Prepare vegetables: Peel the skins from the carrots using a vegetable peeler. Use the claw grip cutting method to cut the carrot and celery to even size slices. Use the bridge hold cutting method to cut the tomatoes and onion into even piece pieces.
4. Place the stock cube in a measuring jug and add 300ml of water.
5. Place a saucepan on the front of the hob, DO NOT turn on.
6. Add the carrot, celery, onion and butter to the saucepan. Fry on a low heat until they are soft, this will take approximately 10 minutes.
7. Cut the bacon into small pieces using scissors and add bacon to the saucepan, fry until cooked.
8. Sprinkle and stir in the plain flour using a white plastic stirring spoon.
9. Add chopped tomato, stock and seasoning (salt and pepper)
10. Cook gently, until soft, this will take approximately 15 minutes.
11. Weigh and measure all ingredients accurately for the bread.
12. Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
13. Place the flour into the Kenwood mixer bowl. Add the salt.
14. Add the butter and turn on the machine for 30 seconds until the mixture resembles breadcrumbs.
15. Add any additional flavourings.
16. Add the fermented yeast mixture to the Kenwood bowl a little at a time while the dough is formed, you may not need to use all the liquid!
17. When a dough is formed, knead in the Kenwood for 5 to 8 minutes to form a soft elastic dough.
18. Complete any washing up.
19. Remove the dough from the Kenwood and divide the bread into three portions, each needs to be the same size.
20. Roll each portion into a sausage, it needs to be approximately 30cm in length.
21. Plait the bread. Place the loaf on a baking tray. Cover with greased cling-film and leave to prove in the grill compartment of the cooker for 15 to 20 minutes.
22. When the soup is cooked: remove from the saucepan from the hob and place on a pan stand.
23. When the bread has finished proving, remove the cling-film.
24. Glaze loaf with the milk and egg wash. Add any toppings.
25. Bake for 15 to 25 minutes until golden brown. To test the loaf is fully cooked tap the bottom and it should sound hollow. Leave to cool before cutting with a bread knife.
26. When the soup has had some time to cool a little, use a hand held blender to make the soup smooth.
27. Stir in the cream with a white plastic stirring spoon.
28. Pour into a serving bowl and decorate with basil. Serve.
29. Serve the tomato soup with the sliced bread.

