

Tomato cream soup and Basil and Parmigiano Reggiano floating islands

Recipe for 4 persons

Description

Creamy Italian tomato cream soup served with a floating island with basil and Parmigiano Reggiano

Note

Always prepare your soups in larger quantities. Preparation time and cooking will not be longer and you can keep your extra soups in the freezer.

Ingredients

For the tomato cream soup

- 1 Unit(s) White onion
- 2 Clove(s) Garlic
- 1 Unit(s) Can of crushed plum tomatoes (28 oz)
- 125 Ml Chicken stock
- 125 Ml 35% cooking cream

- Salt and pepper
- Olive oil

For the floatting island

- 1 Unit(s) Egg white
- 15 Ml Sugar
- 15 Ml Icing sugar
- 2 Sprig(s) Basil
- 30 Gr Parmigiano reggiano
- 15 Ml Icing sugar

- Salt and pepper
- Olive oil

Preparation

- Preparation time **25 mins**
- Preheat your **four** at **425 F°**

General preparation

Chop the onion, chop the garlic and finely chop the basil.

Preparation of the tomato cream soup

In a hot pan, drizzle with vegetable oil and sweat the chopped onions. Add tomatoes and broth, bring to boil and simmer for 15 to 20 minutes. In blender or using a hand mixer, purée the soup until smooth. Strain if necessary. Add cream and season with salt and pepper.

Preparation of the floatting island

In a mixer bowl, beat the egg white and the pinch salt. Once you have reached the stage of soft peak, tighten the egg whites by adding the sugar. Subsequently, stir in sifted icing sugar, chopped basil and Parmesan cheese with a spatula. Using two tablespoons, form four quenelles and poach for 30 seconds on each side in a simmering salted water.

To serve

Pour the cream of tomato soup in a bowl and place a floating island in the soup. Add a few turns of pepper mills.

Bon appétit!