

ROASTED TOMATO & CAPSICUM SOUP

3 kg ripe tomatoes, green stalks removed
3 red capsicum, cored deseeded and chopped
6 tsp minced garlic
3 large onions, peeled and sliced
1 tsp dried thyme
3 tbsp olive oil
6 tbsp Worcestershire sauce
Salt and pepper
Cream

Preheat oven to 200 degC Put tomatoes, capsicum, garlic and onion on a tray. Drizzle with olive oil and sprinkle with thyme. Roast for 25 minutes. Turn vegetables over and bake for further half hour or until tender and slightly blackened (charred). Put a quarter of the vegetables into a blender or food processor with 450ml hot water. Add Worcestershire sauce and season with salt and pepper. When smooth, rub through a strainer into a saucepan. Then process the remaining roasted vegetables one third at a time, and rub through strainer. Freeze at this stage in large plastic containers.

To serve, defrost and put soup into saucepan. Place over low-medium heat until hot but not boiling. Either serve in warm bowls with a dollop of thick cream in each, or provide bowls and ladle with cream and fresh warm bread on the side.

Perfect for a warm meal after work whilst the divers wait for the showers.

This is a soup to be made when a cyclone decides to cruise past the area and cause a shut down of the boat, or at least to leave a skeleton crew on board. Fresh tomatoes obviously won't freeze well, but a soup will be better off. If your tomatoes aren't ripe yet, place them in the oven for an hour or so on the lowest setting, or outside if it's hot weather in a box covered. Direct hot Kimberley sun will 'cook' them but heat is what ripens tomatoes and capsicum.

SOUP TOO THICK?

Make sure you add the last water to it 20 minutes before the end of cooking to ensure it doesn't taste watery.