

# Essence of Tomato with Roast Fennel and Tortilla Soup

by Chef James Connolly  
CEC, CCA, AAC

Ingredients	Weight	Metric	Measure
EVOO (6 oz. for Mirepoix sauté and 2 oz. for oven dried tomatoes)	8 oz.		
Onions, rough chopped			2 each
Celery, rough chopped			3 each
Carrots, peeled, rough chopped			3 each
Garlic, cloves, roasted, smashed and rough chopped			2 each
Cilantro, fresh, chopped (garnish only)			1/2 bunch
Basil, fresh	1 oz.		
Roast fennel bulb			2 each
White corn tortillas, fresh, ground in food processor	8 oz.		
Chicken stock, prepared with MINOR'S® NATURAL GLUTEN FREE CHICKEN BASE NAMSG			1.25 gal.
Roma tomatoes, oven dried	2 lb.		
Tomatoes, canned, whole, drained, chopped			1 #10 can
MINOR'S® SUN DRIED TOMATO PESTO FLAVOR CONCENTRATE			3 Tbsp.
Fennel seeds, toasted, crushed			1 Tbsp.
Black peppercorns, toasted, crushed			1/2 tsp.
Bay leaves			2 each
Balsamic vinegar			1/4 cup
Sea salt			1 Tbsp.
MINOR'S® CULINARY CREAM			1 cup
MINOR'S® CILANTRO LIME FLAVOR CONCENTRATE			1 tsp.
Flour tortilla crisps, julienne (for garnish)			6 each

## Procedure

1.	Prepare chicken stock with MINOR'S® NATURAL GLUTEN FREE CHICKEN BASE NAMSG. Measure water and base according to directions on the label. Bring to a simmer, add bay leaves.
2.	Toss plum tomatoes and cleaned fennel bulb in 2 oz. of EVOO with salt and pepper. Drizzle with balsamic vinegar. Roast on racks in low oven, low fan until slightly dried and the skins pull away from tomato. Peel off the skins and rough chop fennel.
3.	Julienne the flour tortillas and fry until crisp. Reserve on paper towel for garnish.
4.	In a large stockpot, heat EVOO over medium heat. Add onions and sauté till translucent. Add remaining mirepoix and seasonings (less the fresh cilantro). Add garlic and ground tortillas and cook for 5 minutes to make a roux-like consistency. Add hot stock and whisk well. Simmer 10 minutes to remove any starchy taste. Add fennel and tomato product. Puree with immersion blender then stir until smooth. Cook for 15-20 minutes.
5.	Add the basil and MINOR'S® SUN DRIED TOMATO PESTO FLAVOR CONCENTRATE. Bring to a simmer. Continue simmering for 10 minutes.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



6.	Reduce heat to low to hold for service. Mix MINOR'S® CILANTRO LIME FLAVOR CONCENTRATE with MINOR'S® CULINARY CREAM to use as crème fraiche for garnish.
7.	Serve with a dollop of crème fraiche (culinary cream) with MINOR'S® CILANTRO LIME FLAVOR CONCENTRATE and a drizzle of balsamic vinegar.
8.	Finish with a little chopped fresh cilantro and fried julienne tortilla strips.

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