

Soupalicious Toronto 2011 invites you to

Sip, Slurp and Savour ...

Southern Accent Restaurant's Tomato Pernod with coconut milk

Ingredients

- 2 tbs butter
- 4 large onions, chopped
- 1 tsp. chopped garlic
- 2 tbs dried oregano
- 2 tbs dried basil
- 1 tsp. black pepper
- ½ tsp crushed chillies
- 3 cups coconut milk
- 6 cups roma tomatoes pureed
- 1 tsp. tomato paste
- Salt and pepper to taste
- 1oz. Pernod



Method

1. Heat butter, add onions, garlic, seasonings and sauté until onions are transparent.
2. In separate saucepan, heat cream until nearly boiling.
3. Add tomatoes to onion mixture, heat to boil and reduce heat.
4. Add cream to tomato sauce, add tomato paste and continue to simmer 15 minutes.
5. Season to taste and add pernod. Can serve with grilled blackened shrimps or with crumbled feta and fresh herbs, or with a dollop of creme fraiche or keep it vegan and add tofu.

This recipe yields 6-8 servings



Recipe courtesy of Soupalicious Awards Winner, Chef Thess Mani.
This year, Southern Accent won the awards for Best Flavour,
Best Presentation and Taster's Choice.
To taste some of their Cajun Creole Soul food, visit Chef Mani
at 595 Markham Street, Toronto.

www.southernaccent.com

For more information, visit www.growarow.org

Soupalicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.