Salmon Soup with Tomato Basil Relish

My own concoction
Internet address:

If desired, toast a thick slice or country bread of sourdough and place it in the bottom of the bowl, ladle soup on top and garnish.

2 tablespoons olive oil

1/2 yellow onion, chopped

2 stalks celery, finely minced

1 whole shallot, finely minced

1 clove garlic, minced

1/4 cup dry vermouth

1 whole bay leaf

3 1/2 cups fish stock, or water + chicken broth concentrate

8 ounces salsa, including juices (your choice on the degree of heat)

3 ounces tomato paste

Salt and pepper to taste

1 teaspoon dried thyme, crushed between your palms

8 ounces salmon fillet, cut into 1" cubes

2 teaspoons fresh lemon juice

GARNISH:

1/4 cup tomatoes, finely chopped

2 tablespoons fresh basil, sliced

2 tablespoons Italian parsley, minced

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 4

1. In a large pot heat the olive oil, then add the onion. Saute for 3-5 minutes until the onion is translucent.
2. Add the celery, shallot and garlic and continue cooking for 5-7 minutes until all the ingredients are softened.
3. Add the vermouth and bay leaf. Bring to a boil and allow to simmer until the wine has evaporated by half.
4. Add the stock, salsa, tomato paste, thyme and bring to al simmer. Taste for seasonings. [Mine didn't need anything but pepper.]
5. GARNISH: Combine in a small bowl the chopped tomatoes, parsley and basil. Set aside.
5. Add the salmon chunks to the soup and bring to a very, very low simmer. Place lid on the pan and continue cooking for just 3-5 minutes, until the fish is cooked through and no longer than that.
6. Add the lemon juice, stir it in, then scoop about 1 1/2 cups of the mixture into wide serving bowls and garnish with the tomato/basil mixture. Makes moderate servings, but not he-man quantity.

Per Serving (excluding unknown items): 283 Calories; 14g Fat (52.6% calories from fat); 14g Protein; 15g Carbohydrate; 3g Dietary Fiber; 43mg Cholesterol; 533mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.