



COLD SOUPS *for hot days*

Cold, refreshing soups are ideal for summer meals, indoors or out.

BY ROSLYN RALPH

Adding cold soups to a summer meal is a good idea. It takes little preparation time, plus there's no cooking required. Accompanying grilled meat or fish, cold soup really rounds out an alfresco dinner. The other great thing about these soups is that they are low in fat.

Remember to prepare the soup well in advance to allow it time to properly chill. These soups are easy to make but are not a last-minute option.

Here are three cold soups that are sure to please.

Gazpacho

This is perhaps the most well-known and popular cold soup. Our recipe uses canned tomatoes but when ripe local ones

are available you can easily substitute. *Serves 4.*

Ingredients

- 1 large can tomatoes (28 fl. oz.)
- 1/2 onion, chopped
- 1 large roasted red pepper (available in jars)
- 1 cucumber, peeled, seeded and diced
- 3 garlic cloves, chopped
- 2 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 1/4 tsp. Tabasco, or to taste
- salt and pepper to taste

Garnish

- 1/2 cup croutons

HEALTHY EATING

1/2 cup diced seeded fresh tomato
1/2 cup diced cucumber
1/2 cup diced pepper
1/2 cup diced onion

Directions

Place tomatoes, pepper, onion, garlic, cucumber, oil and vinegar in a blender and process until smooth. Transfer to bowl. Add Tabasco, salt and pepper to taste, and stir. Cover and refrigerate for several hours until chilled. Check the seasoning before serving and serve in well-chilled bowls or cups. Add garnishes to taste.

Cucumber and Mint Soup

This soup is light and very refreshing. Serves 4.

Ingredients

3 large cucumbers, peeled, seeded and diced
1 cup plain low-fat yogourt
2/3 cup light sour cream
1/2 tsp. dry mustard
1/4 cup chopped fresh mint leaves
salt and pepper to taste

Garnish

thin slices of cucumber
sprigs of fresh mint

Directions

In a blender, combine cucumber, yogourt,

sour cream, mustard and mint and blend until smooth. Add salt and pepper to taste. Transfer to bowl, cover and chill for several hours. Check seasoning before serving and serve in well-chilled bowls or cups. Garnish with cucumber slices and a sprig of mint.

Strawberry Soup

This is an interesting way to make use of wonderfully fresh strawberries as they come into season. Serves 4.

Ingredients

2 pints strawberries, hulled, washed and chopped
2 cups plain yogourt
1/2 cup buttermilk
1/4 cup orange juice
1/4 cup sugar
1/8 tsp. ground cardamom

Garnish

sliced strawberries
strawberry coulis (recipe below)
plain yogourt

Directions

In a blender, combine all ingredients and process until smooth. Transfer to a bowl, cover and chill for several hours. Serve in well-chilled bowls. Garnish with strawberry slices and a drizzle of coulis and yogourt. 🍓

STRAWBERRY COULIS

This simple garnish has many uses. Keep it around as an addition to desserts.

Ingredients

2 cups washed, hulled strawberries cut in quarters
1/4 cup water
2 Tbsp. sugar
2 tsp. lemon juice

Directions

Combine strawberries, water, sugar and lemon juice in blender. Purée until smooth. Strain and cover. Refrigerate until cold, at least two hours.

