

Chilled Cucumber Soup with Yogurt and Fresh Mint

serves 6 as an appetizer or 12 as a canapé

For the soup

1 3/4 lbs seedless cucumbers – peeled and cut in 3” pieces

1/4 medium red onion – skinned

1 garlic cloves – skinned

1 jalapeño – stem removed, halved and seeded

8 large mint leaves

2 tablespoons extra virgin olive oil

2 tablespoons fresh lemon juice

1 teaspoon maple syrup

1 teaspoon sea salt

1–6oz non-fat plain yogurt

1/2 to 3/4 cup spring water to taste

1 medium yellow tomato – seeded and cut in 1/8” cubes (or 8 yellow grape tomatoes quartered)

tiny mint leaves as garnish

4 teaspoons lemon oil as garnish

Step 1: Place all ingredients in the bowl of a food processor. Pulse at high speed with a steel blade until soup is very smooth, about 3 to 4 minutes. Thin with water to the desired consistency.

Step 2: Transfer to a bowl and refrigerate 2 hours or overnight, until well chilled.

Step 3: Ladle soup in chilled soup bowls. Drizzle a spoonful of the lemon oil in the center of each bowl. Garnish with a few tomato cubes, a mint leaf and serve immediately. Alternatively, ladle in chilled cocktail glasses and garnish as above.

cook's note: the soup can be refrigerated up to 2 days.

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