



Summer Bounty in a Bowl: Cold Soups

Zucchini Mint Soup

Serves 4-6

Ingredients

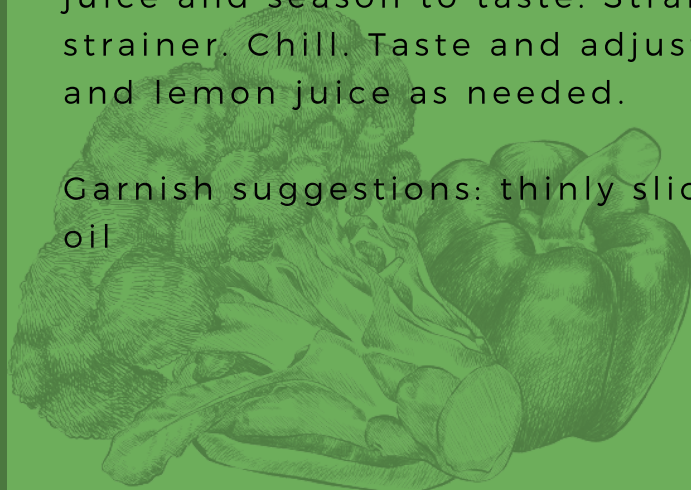
4 tablespoons butter or extra-virgin olive oil
1 fennel bulb, diced
4 garlic cloves, thinly sliced
2 pounds zucchini, halved lengthwise and cut into 1/2 inch slices
1 vegetable stock or water
Kosher salt
1 cup loosely packed mint leaves
1/2 lemon, juiced

Directions

In a large saucepan, sauté fennel and garlic in butter or olive oil, stirring frequently, until softened, 7 to 8 minutes. Add the zucchini and cook, stirring frequently, until softened, about 8-10 minutes. Add 1/2 cup of stock or water. Season generously with salt. Bring to a simmer and cook about 10 minutes, until vegetables are very soft.

Transfer cooked vegetables to a blender and add mint, reserving a few leaves for garnish. Puree until silky smooth and creamy, adding additional broth or water as need. Add lemon juice and season to taste. Strain if desired through a fine mesh strainer. Chill. Taste and adjust seasoning with additional salt and lemon juice as needed.

Garnish suggestions: thinly sliced mint leaves, hot sauce, olive oil





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Avocado-Dill Soup

Serves 4

3 very ripe avocados, each cut in half and pitted

1 bunch fresh dill

3 cups half-and-half, plus more if needed, vegan cream may be used

Juice of 2 limes

Salt

6 ounces smoked salmon fillet (optional)

shallots

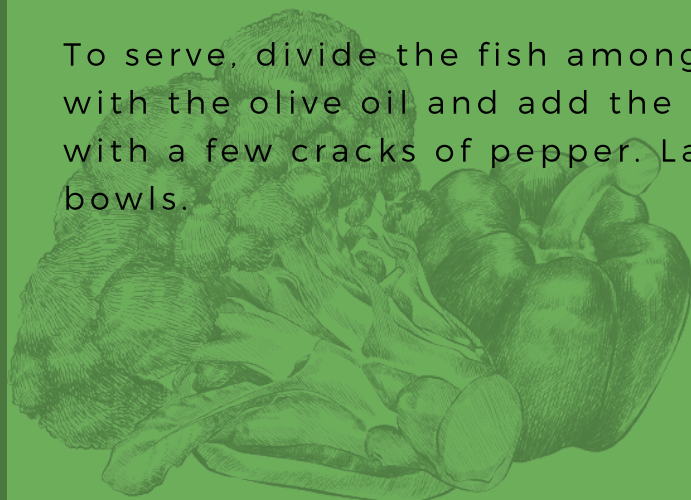
2 tablespoons extra-virgin olive oil

Freshly ground

black pepper

Scrape the avocado flesh from the skins into a blender. Reserve a few sprigs of the dill for garnish and add the rest, along with the half and- half and lime juice, to the blender. Season generously with salt and blend on high speed until you have a very fine purée. If the soup is too thick, add a few extra tablespoons of half-and-half or water. Transfer to a bowl and cover with plastic wrap, pressing the wrap against the surface of the soup to keep the soup from discoloring. Chill in the refrigerator for at least 1 hour (you can refrigerate it up to a day, but there will be some discoloration).

To serve, divide the fish among 4 bowls (if using). Sprinkle with the olive oil and add the remaining sprigs of dill. Season with a few cracks of pepper. Ladle the chilled soup into the bowls.





Summer Bounty in a Bowl: Cold Soups

Gaspacho

Serves 4

1 cucumber, peeled and roughly chopped
1/2 yellow onion, roughly chopped
12 ounces ripe plum tomatoes, roughly chopped
One 7-ounce bottle roasted peppers, drained, or 2 red bell peppers, roasted, peeled, and seeded
1 clove garlic, peeled
3/4 cup plus 2 tablespoons water
2 tablespoons kosher salt
1 tablespoon vinegar, preferably red wine
1/4 cup extra-virgin olive oil
One 7-ounce can smoked mussels, optional

Combine all the ingredients, except the olive oil and mussels, in a blender. Pulse to engage the blades, then slowly increase the speed until you have a superfine purée. Remove to a bowl and chill for at least 1 hour and up to a day.

Whisk in the olive oil and adjust the seasoning if necessary.

Divide the mussels among the bowls (if using), then ladle the soup into the bowls and serve.

