



Some cold comfort, as temperatures soar



Food
 ● Jeremy Vincent

Chilled soups don't get the same attention as their warmer counterparts but it seems to me that certain flavours coalesce best when served at a cooler temperature.

Chilled soups are a great way to help you and your family or friends cool off during the most trying days of summer.

And making these tasty soups is a great way to make the most of vegetables and fruits in season.

Many chilled soups can be made ahead at night and cooled while you sleep so you don't have to heat up your kitchen during the hottest part of the day.

And with a great range of ingredients at this time of the year, you can make a savoury soup for a starter, or a fruity soup as a finish to the meal.

ICED CUCUMBER SOUP

Serves 6

- 2½ cups Lebanese cucumbers, peeled, halved, seeded, cut crosswise into 2cm-thick slices
- 2 cups chicken or vegetable stock
- 110g finely crumbled feta cheese

- 1 large onion, chopped
- ½ cup loosely packed fresh mint leaves
- ½ cup loosely packed watercress leaves
- 1 tbspn fresh oregano leaves
- 1 garlic clove, peeled
- 1 tspn salt
- 2 cups Greek yoghurt
- 2 hard-boiled eggs, chilled, coarsely chopped
- 3 tbspens chopped fresh chives

Puree the cucumbers, stock, feta, onion, mint, watercress, oregano, garlic and salt in blender until smooth.

Pour the soup into a large bowl; whisk in the yoghurt.

Refrigerate until cold, a minimum of two hours, but overnight is fine.

The soup can be made one day ahead and stored, covered, in the refrigerator until needed.

Before serving, put the soup in the freezer for 30 minutes. Pour into chilled bowls. Top with chopped egg and chives.

COLD CHERRY SOUP

Bring three tablespoons water and

200g castor sugar to a boil, stirring constantly.

Boil for a minute, then remove from the heat and let the syrup cool.

Remove the stems and pits from 500g of cherries. Put the fruit in a bowl, squeeze over the juice of half a lemon and pour in the cooled sugar syrup.

Refrigerate for at least three hours.

Just before serving, remove the cherries from the syrup and divide into stemmed glasses. Pour a spoonful of syrup over each serving and sprinkle with a few chopped peanuts.

Arrange a scoop of good quality vanilla ice-cream on top of each dish and finish each with a sprig of fresh mint.

At the last moment, pour on chilled sparkling rosé (about half a cup on each portion) and serve immediately. Serves 4.

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