

Chilled Pea Mint Soup with Mint Scallion Creme Fraiche

Serves 4:

Ingredients

1 tablespoon olive oil
1 tablespoon butter
1 medium sweet onion, chopped
kosher salt and freshly ground black pepper
4 cups chicken stock, preferably homemade
2 cups fresh peas (or frozen peas, thawed)
2 tablespoons heavy cream
2 tablespoons chopped mint

Mint Scallion Creme Fraiche:

1/2 cup creme fraiche
1 tablespoon mint leaves, minced
1 teaspoon lemon juice
2 scallions, white and light green part minced, divided
kosher salt and freshly ground black pepper

Preparation

In a heavy soup pot over medium heat, melt butter and olive oil.
Sauté chopped onion, with a pinch of kosher salt and freshly ground black pepper, until translucent.
Add stock to onions, bring to a boil, then add peas.
Lower soup to a simmer, cover and cook for 15 to 20 minutes (10 minute cooking time for frozen peas).
Allow pot to cool--refrigerate overnight if possible.

Purée soup, in batches if necessary, in a blender or food processor, or with a hand blender.
Add chopped mint, heavy cream, kosher salt and freshly ground black pepper and blend gently.
Taste and adjust seasoning if needed.
Refrigerate until ready to serve, at least an hour but preferably 2 or 3.

Make Mint Scallion Creme Fraiche: mix mint, lemon juice, scallion, and salt and pepper.
Let sauce rest in refrigerator while soup cools.
Ladle pea soup in bowls, dollop with Mint Scallion Creme Fraiche and sprinkle with minced scallion.

passioneats | 6.09.2011

www.passioneats.com

Chilled Zucchini Basil Soup with Basil Yogurt Sauce

Serves 4:

Ingredients

1 tablespoon olive oil
1 tablespoon butter
1 medium sweet onion, chopped
kosher salt and freshly ground black pepper
3 to 4 zucchini, about 2 pounds
4 cups chicken stock, preferably homemade
2 tablespoons fresh basil, roughly chopped
1 tablespoon grated lemon zest

Basil Yogurt Sauce:

1 cup 2 % Greek yogurt
2 tablespoons basil leaves, minced
1 teaspoon fresh lemon juice
kosher salt and freshly ground black pepper

Preparation

Sauté sweet onion in olive oil and a bit of butter over medium heat, until translucent.
Sprinkle a pinch of kosher salt and ground black pepper over onion while it cooks.
Add chopped zucchini to onion and cook, stirring often, until slightly golden, about 5 to 10 minutes.

When zucchini is caramelized, add chicken stock and chopped basil.
Bring just to the boil.
Lower heat until soup is at a simmer, cover and cook for 20 minutes.
Turn heat off and allow soup to cool.
Using a blender, hand blender, or food processor, purée soup until vegetables and broth are blended.
Add kosher salt, freshly ground black pepper and grated lemon zest to brighten the flavor.
Taste and adjust seasoning, if necessary.
Pour into a container and chill for at least an hour, preferably 2 to 3 hours.

Make the Basil Yogurt Sauce: combine yogurt with basil, lemon, kosher salt and ground black pepper.
Stir together and let rest so that the flavors meld.

Dish soup into bowls and swirl the yogurt sauce on top. Garnish with a sprig of basil.