Strawberry Gazpacho

Tarla Falgatter cooking class
Internet Address:

Servings: 8

There are layers of flavors in this soup - you can't quite pick it out, but it just mellows in your mouth. The riper the strawberries the better. If you use mostly unripe ones the flavors just don't come through. The overnight marinating is important so don't skip this step.

1. Combine all the soup ingredients except salt and pepper in a plastic or non-reactive bowl (or plastic bag), cover and chill overnight. Place the ingredients in a blender and puree, adding cold water(about 1/4 cup to 1/2 cup, no more) to thin it to a light soup consistency. Season to taste with salt and pepper and chill. Chill the soup bowls, if possible.

2. Mix together the garnish ingredients in a non-reactive bowl. Pour each portion of soup into a small bowl and add the garnish to the center, trying to mound it in the center.

Per Serving (excluding unknown items): 100 Calories; 7g Fat (60.1% calories from fat); 1g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Light, wonderful for summer dining.

SOUP:

1 quart strawberries, lightly crushed

1/2 cup white onions, thinly sliced

1/2 cup red bell pepper, chopped

3/4 cup hothouse cucumber, peeled, seeded, thinly sliced

1/2 whole garlic clove, crushed

1/4 cup fresh tarragon

1/4 cup balsamic vinegar

1/4 cup olive oil

salt and pepper to taste

GARNISH:

1/2 cup strawberries, hulled and finely diced

3 tablespoons chives

1/4 cup red bell pepper, minced

1/4 cup hothouse cucumber, peeled, seeded, finely diced

6 sprigs chervil, optional

Serving Ideas: If you're serving this on a warm day, chill the soup ahead, in a bowl that will nest into another bowl that you fill with ice. Then set out the soup on the ice and put the garnish bowl next to it with a ladle and soup bowls and let people help themselves. Be prepared for people to take seconds.

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com