

Watermelon Blueberry Soup

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Carolyn T's
Cookbook

Servings: 8



Description: Refreshing, summer weather cold soup

1. Combine the sugar, water, white wine and lemongrass in a saucepan. Bring to a boil. Lower the heat and gently simmer, uncovered, for 20 minutes. Turn off heat and let mixture steep for at least 1 hour. Strain and set aside.
2. In a blender, combine the watermelon, peach, cantaloupe and HALF the blueberries. Puree until smooth. Strain the mixture through a chinois or fine sieve (if you have a juicer, you can use it instead of a blender and skip this step because a juicer will strain the fruit.) Add the orange juice and some of the lemongrass simple syrup to taste, about 1-2 tablespoons. Chill the mixture.
3. Just before serving, cut the remaining blueberries in half and place in a small bowl. Add the mint, ground cayenne pepper, a pinch of salt and 1/4 teaspoon of Cointreau. Stir gently and divide among 8 demitasse cups
4. To the watermelon mixture, stir in 1 1/4 teaspoons Cointreau, the champagne and club soda. Divide the mixture among the cups, pouring over the blueberries. Serve immediately.

1/4 cup sugar
1 cup water
2 tablespoons white wine
1 stalk lemongrass
1 1/4 cups watermelon, peeled, cubed
1/4 cup peach, peeled, cubed
1/2 cup cantaloupe, peeled, cubed
1/4 cup blueberries, divided use
1/4 cup fresh orange juice
1 1/2 teaspoons mint, cut in chiffonade (tiny shreds)
1 pinch cayenne
1 1/2 teaspoons Cointreau
6 tablespoons champagne, or sparkling white wine
3 tablespoons club soda

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 67 Calories; trace Fat (3.3% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.