Week 4

Cold Soups



Soups

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Week 4

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As a simple yet distinct dish, cold soups can be served as a cold or chilled version of a cream soup or as singular as a cold fruit soup that has a combination of coconut milk, butter milk and yogurt. Besides being a cold preparation, cold soups cannot be classified as each of them is prepared with unique combinations and preparation methods. Nevertheless, they can be divided into two categories such as those that do require cooking and those that require cooking.

One of the features of a buffet table comprises of cold jellied consommé and lately the repertoire of cold soups has expanded that includes broth, cream soups and purees, especially that of vegetables. As a typical example, Borscht is a soup that can be eaten when hot or cold. The consistency and flavor of a soup is affected when chilled. A cold soup is more tasty and pleasant in flavor when it reaches a stage that is almost too thick to be poured. A cold soup should never be thin in consistency. While cooling, most soups naturally thicken and soups with egg yolk and butter become too firm to pour. Gazpacho is a tasty example of a cold soup and uses the Spanish combination of bell pepper, pounded garlic, tomato and sliced cucumber. With many varieties of cold soups, many of them are thinned with ice or cold water just before being served.

As an important note, a cold soup should be tasted often especially when it is cooling and the seasoning should be adjusted. The soup should be tasted just before serving if it has been made earlier. The seasoning should be adjusted as required and may need addition of a spice, vinegar or lemon juice, seasoning or herbs.

Note: A few minutes should be allowed for the salt to dissolve before another tasting.

ENJOYING COLD SOUPS

As the hot days advance to the middle of summer, gardens and orchards are filled with juicy, delicious fruits and vegetables that are refreshing in taste and fresh in flavor.

Chilled and refreshing soups can be made from colorful bell-peppers, green or yellow zucchinis, melon, refreshing cucumbers, ripe tomatoes, cherries, cantaloupe, water melon or strawberries that can be mixed or blended according to our taste. Fresh fruit cold soups can be enhanced with a bouquet of mint, fresh herbs, basil, coriander or chives. These cold soups do not take too much time to cook and can be made easily requiring only a few hours to cool that makes it a great dish for holidays when people are busy.

As a versatile dish, cold fruit soups can be enjoyed either sweet or savory as an appetizer and desserts or served in Verrines* for 'Aperitifs Dinatoires'**. The taste is enhanced and taste best when they are fresh and grown organically. This is one of the best ways to enjoy flavorful vegetables and the ripest fruits and get the full benefits of their nutritional values and flavors.

* "Verrine": a very in and popular way in France to serve small portions of food in various small glasses of different shapes as "amuse bouche".

**Aperitif where drinks as served with various small bites.

Verrines will be talked about in more details in the appetizer course.

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COLD SOUPS TIPS

USEFUL NFORMATION	
Portion:	34/ cups = 175 ml
Problems:	• If too thin: Add soaked breadcrumbs of puréed ingredient such as tomato • If too thick: Add some stock, fruit juice or water
Storage:	Refrigerate covered for 1 to 2 days.
Additions:	Hot pepper sauce, flavored oils, Coulis
Accompaniments:	Bread sticks (Grissin) crackers, cheese straws, croutons, fruits
Garnish:	Diced ingredients, herbs, cream, slice of lemon

THE MOST COMMON SAVORY COLD SOUPS

GAZPACHO

Gazpacho has been known to be the king of cold soups and this Spanish version has many variations. The popular tomato based gazpacho originally came from Andalucia in Southern Spain with its origins in Moorish and Roman cuisines. Gazpacho is made with garlic, stale bread, olive oil, vinegar and ground almonds. Gazpacho as an ancient soup is called ‘Ajo Blanco’ or ‘White Gazpacho’. With New World discoveries, peppers and tomatoes were brought back to Spain and were added to the soup. The modern-day version includes even watermelon, avocados, corn and other tropical fruits.

VICHYSSOISE

As another cold savory soup, Vichyssoise has been popular for decades. Created by French Chef, Louis Diat at the Ritz Carlton Hotels, New York in 1971, Vichyssoise is made of leeks and potatoes and enhanced just before serving with a swirl of rich cream. As an easy to prepare dish, a meal is transformed to a special occasion with a serving of Vichyssoise.

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ABOUT SWEET COLD SOUPS

Any summer meal is enhanced with a refreshing serving of fruit soups and is a delicious way to begin or end the meal. As a harmonious blend of a sweet and tart flavor, berry and stone fruit soups are traditional soups in Eastern Europe and Scandinavia. Often enhanced with a splash of wine, berry soups are also accented with sour cream. In order to brighten and add a refreshing tone, fresh lemon juice is added to enhance the flavors of the fruit. Pureed soups can be garnished with sliced fruit, a dollop of crème fraîche or sour cream or whole berries.

Ideas for Fruit Soups:

- Cream of Mango Soup
- Chilled Banana and Coconut Soup
- Mango Gazpacho
- Berry Soup
- Pineapple Gazpacho
- Honeydew Blueberry Soup
- Strawberry Soup a la Kiev
- Chilled Cantaloupe Soup
- Strawberry Soup
- Strawberry Champagne Soup
- Peachy Ginger Soup
- Chilled Peach Soup
- Creamy Fruit Soup
- Melon Champagne Soup
- Watermelon Gazpacho
- Cold Cherry Soup

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RECIPES

CHILLED CUCUMBER SOUP WITH COCONUT MILK

A very refreshing cold recipe that is perfect for hot days. You may substitute the coconut milk with light cream or plain yoghurt.



Level: Easy
Preparation Time: 30 minutes
Chilling time: 90 minutes
Cooking Time: 0 minutes
Total Time: 120 minutes
Serves: 8

Ingredients
2 cucumbers, about 2 lb
1 ¾ cups of coconut milk
1/4 cup coriander leaves
2 limes, freshly squeezed + the zest of 1
Salt to taste
To garnish:
8 coriander leaves
1/3 cup of diced cucumber
Pinch of paprika

Preparation
Peel cucumbers and cut them in half, scraping out seeds. Chop the cucumbers coarsely and place them in a colander over a mixing bowl. Reserve a 1/3 cup of cucumber to be diced for garnish. Sprinkle the cucumbers with a teaspoon of salt and let them stand for 30 minutes. Drain the excess water.

Slightly rinse the cucumber with cold water to remove the salt and pat it dry with a clean cloth.

Put the cucumber pieces in the blender along with the coconut milk, coriander leaves, half of the limes juice and the zest. Blend at high speed. Season with salt to taste and add more lime juice if necessary. Chill well before serving into small Verrines, (small glass).

Before serving, garnish each Verrine with few small pieces of cucumber diced, a coriander leaf and a dusting of paprika powder.

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VICHYSSOISE

Vichyssoise is a French-style soup made of puréed leeks, onions, potatoes, cream and chicken stock. Traditionally, it is served cold. It is believed that the soup was created by a French chef Louis Diat (1885-1957), who was the chef at the Ritz-Carlton in New York City for most of the first half of the 20th century. Diat wrote about his recollection of the invention in New Yorker magazine in 1950.

"In the summer of 1917, when I had been at the Ritz for seven years, I reflected upon the potato-and-leek soup which my grandmother and mother used to prepare during my childhood, I recalled how my elder brother and I used to cool it off by pouring in cold milk, and how delicious it was. I decided to make something of the sort for the patrons of the Ritz. Vichyssoise can be confused with its warm cousin Potage Parmentier."



Difficulty Level: Simple
Preparation Time: 10 minutes
Cooking Time: 35 minutes
Chilling Time: 2 hours
Total Time: 2 Hours and 45 minutes
Servings: 4

Ingredients:
Butter - 2 oz (60grams)
Leeks, sliced thin (white portion only) - ½ lb (225 grams)
Onions, sliced thin - ¼ lb (114 grams)
Potatoes, peeled and sliced thin -½ lb (225 grams
Chicken broth - 3 cups (750 ml)
Heavy cream - 1 cup (240 ml)
Milk - ½ cup (120 ml)
Salt and white pepper, to taste;
2 tbsp chopped chives, to garnish

Preparation

In a saucepan over medium high heat, sauté leeks and onion in butter until tender but not brown. Add potatoes and chicken broth; bring to a boil, cover, reduce heat and simmer for 25 minutes. Puree the mixture in a food processor; return to the saucepan. Add milk and cream mixing well, add salt and pepper to taste. Refrigerate the soup until cold.

Serve vichyssoise cold and garnish with chopped chives.

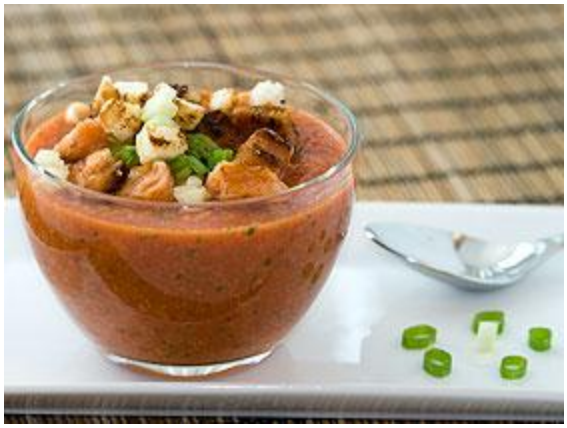
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GASPACHO ANDALUZ

Gazpacho is a Spanish tomato-based raw vegetable cold soup, originating in the Southern region of Andalusia. Gazpacho is widely consumed throughout Spain, in neighboring Portugal where it is known as gaspacho and in parts of Latin America. Gazpacho is mostly consumed during summer months, due to its refreshing qualities.

Gazpacho has ancient roots. There are a few theories of its origin, as an Arab soup of bread, olive oil, water and garlic that arrived in Spain with the Moors, or via the Romans with the addition of vinegar. Once in Spain, it became a part of Andalusian cuisine, particularly Seville, with stale bread, garlic, olive oil, salt, and vinegar added, similar to Ajoblanco. Tomato was added to the recipe when it was brought to Europe after the Columbian Exchange, which began in 1492. The dish remained popular with field hands as a way to cool off during the summer, and to use available ingredients- fresh vegetables and stale bread.

There are many modern variations of gazpacho, often in different colors, omitting tomatoes and bread in favor of avocados, cucumbers, parsley, watermelon, grapes, meat stock, seafood, and other ingredients. Gazpacho has become an almost generic term for chilled vegetable soup making it the King of cold soups.



Difficulty Level: Simple
Preparation Time: 20 minutes
Cooking Time: 0 minutes
Chilling Time: 2 hours
Total Time: 2 Hours and 20 minutes
Servings: 4

Ingredients:
1 branch of celery, diced
1 cup red onion, diced
3 cups red bell peppers, diced
3 cups cucumbers, peeled, seeded and diced
½ cup cilantro leaves only
3 garlic clove, minced
14 fluid oz can tomatoes
2.5 oz tomato paste
¼ cup red wine vinegar
1 pinch cayenne pepper
White pepper and salt to taste
¼ cup olive oil, + 1 tablespoon
1 cup water
1 cup tomato juice
Garnish:
2 green onions, finely sliced
4 slices of white sandwich bread, crust removed and reserved

Preparation

Prepare the vegetables: Start by preparing all vegetables, when you are cutting them, the regularity of the cut is not important as the soup will be later processed. Peel and cut celery, dice red onion, dice red pepper without

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seeds, peel, seed and dice 8/10 of the cucumber (reserve an inch to garnish), chop cilantro, mince garlic cloves, and crust the bread.

Make the soup: In a large bowl, mix together all the ingredients except croutons (crust removed sandwich bread), green onions and 1 tablespoon olive oil.

Marinate the mix at least for 2 hours in the refrigerator or longer. Process through a food processor until it is finely mixed. Return mixture to a large bowl. Add seasoning to your taste. Be light on the cayenne pepper, strictly to taste.

Garnish: Cut the sandwich bread slices in small cubes and sauté the croutons in a tablespoon olive oil on medium heat, until golden. Add a pinch of salt and place on absorbent paper.

Diced the reserved sliced cucumber into very small cubes.

Clean, chop the green onions and reserve.

Serve: Serve the soup cold, topped with croutons, diced cucumber and green onions.

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CHILLED CUCUMBER AND AVOCADO SOUP WITH SPICY GLAZED SHRIMP

A delicious cold soup with strong flavors from spicy glazed shrimps.



Level: Normal
Preparation Time: 30 minutes
Chilling time: 60 minutes
Cooking Time: 30 minutes
Total Time: 120 minutes
Serves: 4 to 6

Ingredients

1 medium cucumber, seeded and coarsely chopped (about 2 cups)
2 avocados, pitted, peeled and quartered
1 1/2 cups buttermilk
2 tbsp red wine vinegar
1 tsp sugar
1 1/2 tbsp fresh lime juice
Salt and pepper
3 tbsp extra-virgin olive oil
12 large shrimps, shelled and deveined, shells reserved
2 garlic cloves, thinly sliced
1 small shallot, thinly sliced
1 small carrot, thinly sliced crosswise
½ tsp black peppercorns
1 tsp coriander powder
1 tsp crushed red pepper
1/2 tsp cumin powder
1 tsp tomato paste
2 cups water
1 tbsp honey
Freshly ground pepper
8 mint leaves, chopped

Preparation

In a blender, combine the cucumber, avocados, buttermilk, vinegar, sugar, 1/2 tablespoon of the lime juice and a pinch of salt. Blend until smooth. Strain the soup through a fine sieve and refrigerate until chilled, about 60 minutes.

In a large saucepan, heat 2 tablespoons of the olive oil. Add the shrimp shells, garlic, shallot and carrot and cook over moderate heat, stirring until the shells are lightly browned, and the vegetables are softened, about 4 minutes. Add the peppercorns, coriander, crushed red pepper and cumin and cook, stirring, for 1 minute. Add the tomato paste and cook, stirring, for 1 minute. Add the water, honey and remaining 1 tablespoon of lime juice and bring to a boil. Simmer over moderate heat until reduced to 1/2 cup, about 15 minutes. Strain the shrimp sauce into a heat proof bowl.

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In a medium skillet, heat the remaining 1 tablespoon of olive oil until simmering. Add the shrimp, season with salt and pepper and cook over high heat for 1 minute. Turn the shrimps, add the shrimp sauce and simmer just until the shrimps are cooked through, about 2 minutes. Swirl in the honey.

Place the shrimps in cold soup bowls, spoon the cucumber soup all around and drizzle the shrimp sauce on top. Sprinkle with the mint and serve right away.

The cucumber soup and shrimp sauce can be refrigerated overnight separately. Reheat the shrimp sauce gently before using.

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CHILLED GINGER STRAWBERRY SOUP

Healthy soup recipes are not just for cold winter days. This ginger and strawberry soup is served chilled and is perfect for a light lunch on a hot summer day or served as starter at a barbecue or picnic. What a wonderful cooling combination.



Difficulty Level: Easy
Preparation Time: 10 Min
Cooking Time: 0 Min
Chill Time: 60 Min
Total Time: 1 Hour and 10 minutes
Servings: 4

Ingredients:
2 cups hulled and sliced fresh or (thawed) frozen strawberries
1 cup orange juice
¼ to ½ cup sugar
1 tablespoon fresh ginger, grated
Fresh mint sprigs, optional
¼ cup sliced almonds

Preparation

Purchase strawberries that are red and plump. Wash and clean strawberries under cold running water. Cut the tops off the strawberries. Remove any bad spots. Even the freshest pound of berries will have a blemish or two. Reserve four strawberries to garnish.

In a blender, combine all the ingredients but the mint and process until smooth. Refrigerate the soup for at least one hour or until chilled. Ladle the soup into bowls and garnish with mint and strawberry.

About strawberries: Strawberries are a delicious fruit that can be eaten alone or added to many food dishes. Strawberries contain vitamin C and dietary fibers, are high is anti-oxidants which can help reduce the risk of cancer. When purchasing Strawberries always look for plump red ripe fruits; Strawberries will not ripen any further after picking. After purchasing Strawberries, they should be cleaned and refrigerated to prevent early spoilage.

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CHILLED CARDAMOM CANTALOUPE SOUP

A wonderful cold soup with hints of Cardamom, very surprising flavors that will please all your guests.



Difficulty Level: Easy
Preparation Time: 10 Min
Cooking Time: 0 Min
Chill Time: 60 Min
Total Time: 1 Hour and 10 minutes
Servings: 4

Ingredients:
1 large Cantaloupe melon, ripe and thoroughly washed
1 cup sugar
1 cup Perrier water
Juice of 1 lime
8 cardamoms, ground and sieved
Sliced fresh plum or Strawberries for garnish
1/4 cup whole fresh mint

Preparation

Before cutting fresh Cantaloupe, thoroughly wash and brush the whole Cantaloupe with running water using a clean produce brush. Place the melon on a clean cutting board, plate, or other surface with the cut end facing down. With a clean knife, cut the melon from the blossom end to the stem end. Wash the knife with clean running water and set aside. Gently scrape out the seeds with a clean spoon.

Use one half and make round Cantaloupe balls using a melon baller and reserve the balls. Scrape the rest of the pulp and reserve. Cut, peel and cut into chunks the other half.

Transfer Cantaloupe (except balls) to a blender or food processor. Add sugar, lime juice, and cardamom, and blend until smooth. Stir in the Perrier water and refrigerate until cold.

Before serving, taste and adjust seasoning if necessary with more sugar, cardamom and/ or lime juice. Garnish with Strawberry slices and mint leaves.

Did you know that?

- Cantaloupe is an excellent source of Vitamin C. In addition, it provides more Beta-Carotene than all other melon varieties. According to experts at AICR, a diet rich in this physiochemical may reduce risk for Esophageal Cancer.
- Cardamom is the world's third most expensive spice, it hails from the ginger family. Meaning "to warm" in Arabic, just a pinch adds a subtle sweetness to the soup.
- Mint is great as a potent digestive aid; mint has been used historically to combat gas and indigestion.

Cantaloupe: Food Poisoning Prevention

The Cantaloupe's extremely rough skin makes it a wonderful breeding ground for foodborne pathogens. It also makes those pathogens hard to wash off, which increases the risk of food poisoning.

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Cantaloupe can become contaminated while it is growing by soil, manure-based compost, contaminated water or the fecal matter of wild animals. Cantaloupe can also become contaminated later by contact with human fecal matter or raw meat juices.

The Canadian Food Inspection Agency has published valuable information regarding cantaloupe food poisoning prevention. The following is an excerpt:

What should I look for when buying Cantaloupe and other fresh fruit and vegetables?

- At the retail store, purchase fresh fruits and vegetables that are not bruised or damaged.
- When you purchase cut fruits and vegetables like cantaloupe, be sure that they are properly refrigerated.
- Cut melons should be displayed in a refrigerated display case, not only placed on top of ice.

How should I wash and prepare fresh Cantaloupe?

- Throw away any Cantaloupe that is bruised or rotten.
- Before and after handling Cantaloupe wash your hands thoroughly, for at least 20 seconds, with hot water and soap.
- Before cutting fresh Cantaloupe, thoroughly wash and brush the whole Cantaloupe with running water using a clean produce brush.
- Place cut Cantaloupe pieces directly on a clean plate. Do not place cut Cantaloupe pieces on the cutting board as it may be contaminated by poorly washed Cantaloupe.
- After cutting fresh Cantaloupe, thoroughly wash with hot water and soap all food equipment and utensils (e.g., counter tops, cutting boards, knives, brushes, etc.) that could have come into contact with the Cantaloupe.
- After washing the equipment, rinse, then sanitize with a mild bleach solution [5 ml (1 tsp.) bleach per 750 ml (3 cups) water].
- Rinse again and allow the equipment to air-dry or use clean cloths.
- Cutting boards, knives, brushes, etc., can also be washed in the dishwasher using the normal cleaning cycle.

How should I store cut cantaloupe?

- Harmful bacteria can multiply rapidly on the cut surface of melons stored at room temperature. Although whole melons may be stored at room temperature, cut melons must be stored at refrigerated temperatures.
- Refrigerate cut Cantaloupe at 4ºC (40ºF) or below in a clean container or covered with plastic wrap.
- DO NOT leave cut Cantaloupe at room temperature for longer than two hours.
- Be sure to keep raw foods separate from ready-to-eat foods like cut melon.

How long can I keep cut Cantaloupe stored in the fridge?

- If Cantaloupe is refrigerated immediately or up to 2 hours after cutting, it can be stored up to 4 days at refrigeration temperatures (4ºC).
- If cut Cantaloupe is held at room temperature for more than 2 hours, it should be discarded.

Source: Canadian Food Inspection Agency Food Safety Facts for Cantaloupe

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MANGO GASPACHO

Serve this soup for your next BBQ party, use ripe mango and surprise your guests.



Level: Normal
Preparation Time: 15 minutes
Chilling time: 90 minutes
Cooking Time: 0 minutes
Total Time: 85 minutes
Serves: 6

Ingredients
2 cups 1/4-inch-diced fresh mangoes
1 tomato concassée
2 cups orange juice
1 small jalapeno pepper, seeded and minced
2 medium garlic cloves, minced
2 tablespoons extra-virgin olive oil
1 peel and seedless cucumber, cut into 1/4-inch dice
1 small red bell pepper, seeded and cut into ¼ inch dice
1 small onion, cut into 1/4-inch dice
3 tablespoons fresh lime juice
2 tablespoons chopped fresh basil or cilantro
Salt and freshly ground black pepper

Preparation

Process mangoes, tomato, orange juice, jalapeno, garlic and oil in a blender or food processor until pureed. Transfer to a medium bowl, along with remaining ingredients. Season with salt and pepper to taste. Refrigerate until ready to serve.

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