



## **Watertown Farmers' Market Culinary Corner**

**July 29, 2020**

Welcome to Eat Well Watertown's Culinary Corner! Each week, we'll feature Watertown Farmers Market products and vendors. We'll offer nutritional and culinary tips, and recipes for you to experiment with. We hope that you'll be encouraged to try new or unfamiliar vegetables and fruits, and we'll help you pair them with meats and fish from the Farmers Market walkway.

### **Cold Summer Soups**

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Soup season! You may think I'm crazy, after all this 90+ degree weather. But hear me out about cold soup. These no-cook soups are a perfect way to keep yourself and your kitchen cool, while serving tasty meals, and getting in all your daily fruit and vegetable servings.\*

#### **Gazpacho**

You'll think immediately of Gazpacho, the traditional tomato-based Spanish classic. Gazpacho couldn't be simpler – it's like making liquid salsa.

Start with 2 pounds fresh field-ripened tomatoes (now available at Dick's stand), and add 1 large peeled cucumber, a sweet green pepper, one onion (the new white onions now in season are perfect), a clove or two of garlic, and a small jalapeno pepper (flesh only until you see how hot it is; add white part and seeds if you're feeling adventurous). Chop everything roughly, then pulse in a blender or food processor until it's the consistency you like, pour into a serving bowl, and add tomato juice or V-8 to make it a soup consistency (If you puree all the veggies, you may not need the juice). Add 2 teaspoons of sherry vinegar, and salt and pepper to taste.

Drizzle a bit of olive oil over soup just before serving.

#### **Cucumber-Yogurt Soup**

My mother's favorite was a simple Cucumber-Yogurt Soup. If gazpacho is liquid salsa, then this is liquid tzatziki.

Peel, seed and chop a couple of cucumbers. Chop a small onion or a clove of garlic (or both). Add a handful of chopped dill or mint, or a combination. Add a pint of yogurt, and salt and pepper to taste, and let sit for at least one hour. When ready to serve, put 3-4 ice cubes in bowls, and ladle the soup over the cubes. Let sit for a few minutes so the ice melts a bit.

## Fruit Soups

And there's fruit at the market! – Raspberries and blueberries are still available, and peaches and plums are just coming into season. Fruit soups are infinitely variable! Some ideas:

**Make it savory:** Use melon or peaches in place of tomatoes in the gazpacho above. The fruit adds a bit of sweetness, but there's still the tang of the other veggies and the hot pepper.

**Or make it sweet:** A berry soup can make a lovely dessert, along with a treat from Fornos or Clear Flour Bakery. Simply clean a quart of berries and add them to a food processor to puree them. Add a splash each of ginger ale and milk, plus 1/3 cup sugar, a tablespoon of lemon juice and a teaspoon of vanilla. Whisk in 1 cup sour cream just before serving. You can easily substitute peaches for the berries, and adjust flavors as you like them, adding in spices or using buttermilk as your liquid.

No matter what flavors you favor, a no-cook cold soup is just the thing during these sultry days.

\* There are many other soups that are cooked first and then served cold (think borscht or vichyssoise), but in this weather, no one wants to turn on even one burner!