

# THE LAST TOUCH

**Souped Up** Think inside the bowl: Smooth, cool, and soothing, summer soups bring a note of innovation to any meal—and take only 15 minutes or less out of your playtime

RECIPES AND FOOD STYLING BY IAN KNAUER

## ZUCCHINI CUCUMBER SOUP

MAKES ABOUT 4 CUPS

ACTIVE TIME: 15 MIN START TO FINISH: 15 MIN

- 1 lb zucchini, chopped
- ¾ lb seedless cucumber (usually plastic-wrapped), peeled and chopped (2 cups)
- ⅓ cup chopped sweet onion such as Vidalia
- ¼ cup white-wine vinegar
- ¼ cup water
- 1 teaspoon chopped fresh hot green chile
- 1½ teaspoons salt
- 1 teaspoon ground coriander
- ½ cup crème fraîche (4 oz)

► Purée zucchini, cucumber, onion, vinegar, water, chile, 1 teaspoon salt, and ½ teaspoon coriander in a blender until very smooth. ► Whisk remaining ½ teaspoon salt and ½ teaspoon coriander

into crème fraîche. Serve soup topped with dollops of crème fraîche.

## GINGERED CARROT SOUP

MAKES ABOUT 4 CUPS

ACTIVE TIME: 10 MIN START TO FINISH: 10 MIN

- 2 (7- to 8-oz) firm-ripe California avocados
- 3 cups fresh carrot juice
- ¾ teaspoon salt
- 5 teaspoons fresh lime juice
- 2¼ teaspoons finely grated peeled fresh ginger
- Pinch of curry powder

► Quarter avocados, then pit and peel.

► Purée 1 avocado with carrot juice, salt, 4 teaspoons lime juice, and 2 teaspoons ginger in a blender until very smooth.

► Cut remaining avocado into ¼-inch dice.

Gently toss with remaining teaspoon lime

juice, ¼ teaspoon ginger, curry powder, and a pinch of salt. ► Serve soup garnished with seasoned avocado dice.

## CELERY APPLE GAZPACHO

MAKES ABOUT 4 CUPS

ACTIVE TIME: 15 MIN START TO FINISH: 1¼ HR

- 8 to 9 celery ribs, chopped (3 cups)
- 1 Granny Smith apple, peeled and cored
- 1½ cups cold water
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- 1 (3-inch) piece baguette, crust discarded
- ¼ cup blanched almonds, chopped
- 2 tablespoons extra-virgin olive oil

**GARNISH:** thin celery matchstick curls

► Purée celery, apple, water, lemon juice, and salt in a blender until smooth. Chill mixture in blender, covered, 1 hour. Reblend, then strain through a fine-mesh sieve. Soak bread in strained soup 3 minutes. Rinse blender and pulse almonds until finely ground. Add soup with bread and blend. Then, with motor running, add oil in a slow stream, blending until emulsified.

## STRAWBERRY PROSECCO SOUP

MAKES ABOUT 4 CUPS

ACTIVE TIME: 10 MIN START TO FINISH: 1¼ HR

- 1 lb strawberries, chopped (3 cups)
- 1 cup Prosecco
- 2 teaspoons chopped fresh tarragon
- ⅛ teaspoon salt
- 2 to 3 tablespoons sugar
- ¾ cup vanilla yogurt

**GARNISH:** cracked black pepper

► Toss strawberries with Prosecco, tarragon, salt, and 2 tablespoons sugar. Let macerate, chilled and covered, 1 hour.

► Purée mixture in a blender until smooth, then set aside 1 cup purée. Blend remaining mixture with yogurt and sugar to taste. Serve soup drizzled with reserved purée. ☺

