

Super-cool soups
make a refreshing
summer meal



(CURRIED ZUCCHINI BUTTERMILK SOUP)

the big chill

BY ADAM RIED
PHOTOGRAPHS BY FRANCES JANISCH

Summer days are salad days. They're tomato days, and watermelon, corn on the cob, and backyard barbecue days. They are not, however, soup days.

Or are they? How about turning down the temperature with a refreshing chilled soup? Friends and family probably won't expect a cool soup, but after one taste they'll appreciate its extraordinary ability to restore spirits, and palates, sagging in the summer heat.

As with their warm, winter counterparts, chilled summer soups offer terrific flexibility for cooks and diners alike. A chilled soup works well for almost any meal of the day. Partnered with a salad or sandwich, our fruit and vegetable Tropical Gazpacho is equally rewarding as a satisfying lunch or a light, back-porch-in-the-cool-evening-breeze supper. On summer mornings in Sweden you might well encounter a chilled fruit soup, such as our Scandinavian Vanilla Rhubarb Soup, topped with a dollop of yogurt for breakfast; substitute gelato in the evening, and it becomes a refreshing dessert. Chilled soups can also appear as appetizers and entrées. Our delicate Triple Celery Soup whets the appetite as a light and elegant starter for a fancy summer meal. Heartier choices like the Curried Zucchini Buttermilk Soup or Spanish Garlic and Almond Soup could easily anchor a casual dinner.

Because chilled soups need time to cool down thoroughly, it's best to prepare them ahead of time. That's great for summer entertaining because you can fix them in the morning when it's cool, and then forget about them until a few minutes before serving time. Don't dismay if time is short, though, because you can speed-chill your soup by placing a large bowl of soup in a larger bowl of ice water. You can even pop your serving bowls into the freezer while the soup chills; the frosted bowls will help the soup stay cool on the table.



(TROPICAL GAZPACHO)

CURRIED ZUCCHINI BUTTERMILK SOUP

SERVES 6

ACTIVE TIME: 35 MINUTES

TOTAL TIME: 4 HOURS, 55 MINUTES

(INCLUDING CHILLING TIME)

The curry and zucchini skins give this soup a cheerful golden-green hue. For a garnish variation, cut and reserve a few paper-thin slices of zucchini before chopping the rest.

- 1 Tbsp. olive oil
- 1 medium onion, chopped (about 1 cup)
- 3 medium-large zucchini (about 2 lb.), unpeeled and ends trimmed, chopped medium
- 1/2 tsp. salt, or to taste

- 1/2 tsp. freshly ground black pepper, or to taste
- 1/8 tsp. red pepper flakes
- 1 tsp. ground cumin
- 1 tsp. curry powder
- 2 1/2 cups low-sodium chicken broth or vegetable broth
- 1 1/2 cups buttermilk
- 2 Tbsp. minced cilantro or parsley for garnish
- 1/3 cup crumbled sweet potato chips for garnish (optional)

1. In a large saucepan, heat oil over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add zucchini and salt, stirring to coat zucchini with oil and onion. Reduce heat to medium-low, cover, and cook, stirring

CHILL THRILL

All recipes call for a “nonreactive” bowl. Acidic foods such as tomatoes can react with materials like aluminum or copper, which can affect the flavor of the soup. While any nonreactive bowl is fine for chilled soups, we recommend stainless steel, as it cools faster and stays cool longer, helping the soup to maintain its refrigerated temperature.

occasionally, until zucchini is tender and has released juices, about 20 minutes.

2. Add black pepper, red pepper flakes, cumin, and curry; increase heat to medium-high and cook until fragrant, about 1 minute. Add broth and cook to blend flavors, about 1 minute.

3. Working in batches, fill blender jar halfway with a portion of zucchini mixture and purée, holding lid in place with folded dishtowel. Pour into large, nonreactive bowl (preferably stainless steel). Add buttermilk and stir to blend. Let cool briefly to room temperature, about 20 minutes, then cover with plastic wrap and refrigerate until soup is cold and flavors have combined, at least 4 hours.

4. Stir soup to blend, and correct seasoning with additional salt and pepper if desired. Ladle into chilled bowls, garnish with minced cilantro or parsley and sweet potato chips, if using, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:

100 CALORIES, 12G CARBOHYDRATES, 6G PROTEIN, 3.5G FAT (1G SATURATED), 5MG CHOLESTEROL, 340MG SODIUM, 2G FIBER

TROPICAL GAZPACHO

SERVES 4

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 4 HOURS, 40 MINUTES

(INCLUDING CHILLING TIME)

Make sure to buy pineapple packed in juice, not syrup — the juice is essential here. You can find jicama in our Produce department or substitute peeled, seeded cucumber, or radishes; peaches or nectarines may be

used instead of mangoes. When dicing the produce, dice into 1/4-inch pieces. If you like a smooth texture, purée the soup.

- 1 (20-oz.) can pineapple slices or chunks, packed in juice (no sugar added)
- 1 small mango, peeled and diced (about 1 1/2 cups)
- 1 tomato, cored and diced (about 1 cup)
- 1/2 small (about 12 oz.) jicama, peeled and diced (about 1 cup)
- 1 small red, orange, or yellow bell pepper, cored, seeded, and diced (about 3/4 cup)
- 1/2 cup minced sweet onion (such as Vidalia)
- 1 large clove garlic, minced
- 1 Tbsp. grated fresh ginger
- 1/2 tsp. salt, or to taste
- 1/4 tsp. hot pepper sauce, or to taste (optional)
- 1/2 cup freshly squeezed lime juice (about 4 limes)
- 2 1/2 cups tomato juice
- 6 ice cubes, for serving
- 1 lime cut into thin slices, for serving

1. Drain pineapple and reserve juice (there should be about 1 cup). Dice pineapple into 1/4-inch pieces. Add them to a large, nonreactive bowl (preferably stainless steel) and combine with mango, tomato, jicama, bell pepper, onion, garlic, ginger, salt, hot pepper sauce if using, and lime juice. Let mixture stand until fruit and vegetables just begin to release their juices, about 5 minutes.

2. Stir in reserved pineapple juice and tomato juice. Cover with plastic wrap and refrigerate until soup is cold and flavors have combined, at least 4 hours.

3. Stir gazpacho to blend, and correct seasoning with additional salt and lime juice if desired. Place one ice cube in each chilled bowl, ladle gazpacho over ice, garnish with a lime slice, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
200 CALORIES, 49G CARBOHYDRATES, 3G PROTEIN,
0.5G FAT (0G SATURATED), 0MG CHOLESTEROL,
560MG SODIUM, 6G FIBER

SPANISH GARLIC AND ALMOND SOUP

SERVES 6

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 4 HOURS, 20 MINUTES
(INCLUDING CHILLING TIME)

This is a variation on a classic Spanish recipe, *ajo blanco*. The sherry is untraditional, but it picks up the flavor of the almonds nicely. Many traditional recipes instruct you to peel the grapes; for this contemporary version, don't bother. This soup should be about the consistency of heavy cream.

- 1 (1-lb.) loaf French, Italian, or sourdough bread, crust trimmed, torn or cut into roughly 1-inch pieces (about 9 cups, 12 to 13 oz. without crusts)
- 5 cups water
- 1 3/4 cups blanched (skinless) slivered or sliced almonds

- 2 medium cloves garlic, chopped
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. dry sherry, or to taste
- 1 1/2 Tbsp. sherry vinegar, or to taste
- 1/2 tsp. salt, or to taste
- 1 1/2 cups green seedless grapes (about 3 dozen), each grape quartered lengthwise

1. In a large bowl, soak bread in the water (push bread down to submerge fully) until softened, about 10 minutes.

2. While bread soaks, toast nuts. Heat heavy skillet over medium heat. Add almonds and toast for 8 to 10 minutes, shaking pan gently until nuts are lightly browned, but not burned. Let cool for 3 minutes. Set aside 1/4 cup of nuts to use as garnish.



(SPANISH GARLIC AND ALMOND SOUP)

3. Fill blender jar halfway with half the bread mixture, half the remaining almonds, and half the garlic. Purée until very smooth. With motor running, add half the olive oil in a slow, steady stream and purée until mixture is very smooth and emulsified. Pour into large, nonreactive bowl (preferably stainless steel) and repeat with remaining soaked bread, almonds, garlic, and olive oil.

4. Add sherry, vinegar, and salt, and stir to combine. Cover with plastic wrap and refrigerate until cold, at least 4 hours.

5. Stir soup to blend, and correct seasoning with additional salt and vinegar if desired. Divide cut grapes among six chilled bowls, reserving six pieces for garnish. Ladle soup into bowls over grapes, garnishing with reserved toasted almonds and grape quarters, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 450 CALORIES, 56G CARBOHYDRATES, 12G PROTEIN,
 23G FAT (2G SATURATED), 0MG CHOLESTEROL,
 1,040MG SODIUM, 5G FIBER

SCANDINAVIAN VANILLA RHUBARB SOUP

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 4 HOURS, 50 MINUTES

(INCLUDING CHILLING TIME)

This sweet-tart soup takes well to variations. For a gentle heat, add 1 Tbsp. of grated fresh ginger at the beginning of cooking. If you'd like a hint of spice, add 4 cinnamon sticks and 6 whole cloves to the pot; for a fruity sweetness, add 1 Tbsp. raspberry jam to the soup along with the

FLAVOR SAVER

Cold temperatures can sometimes mute flavors. Do a final tasting of the soup once it has chilled – you might need to punch up the seasoning with a liberal hand to assure the brightest possible taste. Also, when water, rather than broth, is the liquid component, consider using filtered or spring water, especially if you question the flavor of your tap water. You'll taste the difference in the soup.

vanilla and stir until the jam melts. If you prefer a smooth, velvety texture, purée the soup in a blender. If serving for brunch, top with yogurt; for dessert use gelato or whipped cream.

- 2 lb. rhubarb, leaves and ends trimmed, stalks cut into 1-inch pieces (about 8 cups)
- 4 cups water
- 1 cup sugar
- Pinch salt
- 1/2 Tbsp. vanilla extract
- Hannaford Inspirations® Vanilla Gelato, whipped cream, or vanilla

yogurt for garnish

- 6 strawberries, cored and quartered for garnish (optional)

1. In a large saucepan, bring rhubarb, water, and sugar to boil over medium-high heat, stirring occasionally to dissolve sugar. Reduce heat to low and simmer until rhubarb breaks down, about 15 minutes. Press any large chunks of rhubarb against side of pan with a spoon to break them up, add salt and vanilla, and stir to combine.

2. Pour into a large, nonreactive bowl (preferably stainless steel). Let cool to room



{SCANDINAVIAN VANILLA RHUBARB SOUP}

temperature, about 20 minutes, cover with plastic wrap, and refrigerate until soup is cold and flavors have combined, at least 4 hours.

3. Stir soup to blend. Ladle into chilled bowls, garnish with a small scoop of gelato, a dollop of whipped cream, or yogurt — plus strawberries, if using — and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
170 CALORIES, 41G CARBOHYDRATES, 1G PROTEIN,
0G FAT (0G SATURATED), 0MG CHOLESTEROL, 30MG
SODIUM, 3G FIBER

TRIPLE CELERY SOUP

SERVES 4

ACTIVE TIME: 50 MINUTES

TOTAL TIME: 5 HOURS, 10 MINUTES
(INCLUDING CHILLING TIME)

This soup is the china doll of the crowd, pale of color and delicate of flavor.

- 1 bunch celery stalks with leaves (about 1½ lb.)
- 2 Tbsp. unsalted butter
- 4 large shallots, sliced thin (about 1½ cups)
- 1 medium potato (6 to 8 oz.), peeled and chopped medium (about 1½ cups)
- ½ tsp. celery seeds, divided
- 1 sprig fresh thyme or pinch dried thyme
- 2 small bay leaves
- 1 tsp. salt, or to taste, divided
- 5 cups water
- ½ cup fresh parsley leaves
- 1 lemon, sliced thin, for garnish

1. Remove leaves from inner stalks of celery; there should be about ½ cup. Refrigerate leaves to use later for garnish. Peel any tough strings from stalks and chop stalks into ½-inch pieces; there should be about 6 cups.

2. In a large saucepan, heat butter over medium heat. Add shallots and cook, stirring occasionally, until softened, about 4 minutes. Add chopped celery and potato, ¼ tsp. celery seeds, thyme, bay leaves, and ½ tsp. salt, stirring to coat vegetables with butter and shallots. Reduce heat to medium-low, cover, and cook, stirring occasionally, until potato is tender and celery is tender-crisp and has released juices, about 15 minutes.



3. Add water and cook to blend flavors, about 1 minute. Remove bay leaves and thyme sprig, if used.

4. Working in batches, fill blender jar halfway with a portion of celery mixture and some of the parsley and purée, holding lid in place with folded dishtowel. Pour purée into a mesh strainer set over a large, nonreactive bowl (preferably stainless steel). Gently stir purée in strainer until all liquid has passed through into bowl; press on solids to extract as much liquid as possible, then discard them. Once all the purée is strained, add remaining ½ tsp. salt and stir to combine. Let cool briefly to room temperature, about 20 minutes, cover with plastic

wrap, and refrigerate until soup is cold and flavors have blended, at least 4 hours.

5. Correct seasoning with additional salt if desired. Ladle into chilled bowls. Mince reserved celery leaves and use to garnish each bowl, along with a few of the remaining ¼ tsp. celery seeds and a thin slice of lemon.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
180 CALORIES, 30G CARBOHYDRATES, 5G PROTEIN,
6G FAT (3.5G SATURATED), 15MG CHOLESTEROL,
750MG SODIUM, 5G FIBER ●

Adam Ried is a food and travel writer and the kitchen equipment specialist on the PBS show America's Test Kitchen.