
Cantaloupe Gazpacho

Description

Chef's Note: To pick a ripe cantaloupe it should have a sweet, slightly musky scent and has a stem end that yields slightly when pressed with your thumb.

Total time: 1 hr 15 min Yield: 4 to 6 servings

Ingredients

2 lemons (zest one, juice both)
1/4 cup water
1 large ripe cantaloupe (remove skin and seeds, dice into small pieces)
1/4 tsp salt
1/4 tsp pepper
1 Japanese cucumber (diced small)
6 Tbsp Creme Fraiche or sour cream
8 mint leaves (chiffonade or finely cut)

Prep Time: 15 min Cooking Time: 1 hr Total Time: 1 hr 15 min

Instructions

In blender, add in the lemon juice, water, cantaloupe, salt, pepper and lemon zest. Puree until smooth. Pour the soup into a large bowl and refrigerate for one hour.

Place the Gazpacho into a soup bowl and garnish with diced cucumber, crème fraiche or sour cream and mint. You can serve this dish as an appetizer or light refreshing lunch.

Recipe brought to you by:

Chef Ryan Covert