



today's main ingredient

A  LOCAL FOOD PODCAST



Basic Fruit Soup

Scandinavians and Slavs sometimes serve a cold or hot fruit soup before the main course; berries, cherries, and plums are the favored "soup fruits."

INGREDIENTS – 4 servings

1 pint berries, washed and stemmed (strawberries, raspberries, blueberries, boysenberries, blackberries, or gooseberries)
1 pint water, or 1/2 and 1/2 mixture of water and dry white wine
1/4 cup sugar, or more to taste
2 teaspoons lemon juice
1 Tablespoon cornstarch blended with 2 Tablespoons cold water
Optional topping: Heavy cream, sour cream, or buttermilk

STEP 1 – Simmer berries in water in a covered saucepan 10 minutes until mushy.

STEP 2 – Puree by buzzing 15 to 20 seconds in a food processor fitted with the metal chopping blade; then press through a fine sieve.

STEP 3 – Return the puree to the pan, adding the remaining ingredients, and heat to a boil while stirring. Taste for sugar and add more, if needed.

Step 4 – Serve cold or hot, topped with cream.