



## today's main ingredient

A  LOCAL FOOD PODCAST



# Chilled Zucchini Soup

*This is a refreshing summer soup. Make ahead and refrigerate, and you won't have to turn on the stove on a hot summer's day.*

### INGREDIENTS – serves 6

large onion, trimmed and cut into chunks  
1 Tablespoon vegetable oil  
1/2 to 1 teaspoon curry powder, to taste  
5 medium zucchini, trimmed (not peeled); 4 cut into chunks, with 1 cut into matchstick-sized strips  
3 cups chicken broth (if canned, use reduced sodium)  
A generous handful of flat-leaf parsley leaves (leaves only)  
1 cup light cream or half & half  
Salt and pepper  
A squeeze of lemon juice to taste

**STEP 1** – In a large pot, sauté onion in oil until well wilted, and then sprinkle with curry powder and cook for 30 to 40 seconds, stirring. Add zucchini chunks and broth; bring to the boil and reduce to a simmer, cooking until the zucchini is soft, about 10 to 12 minutes. Stir in the parsley, just to wilt. Strain, reserving solids and liquid separately.

**STEP 2** – Add matchstick-size zucchini strips to hot liquid and set aside.

**STEP 3** – Puree the zucchini/onion/parsley solids in batches in food processor or blender, removing the pureed mixture to a large mixing bowl.

**STEP 4** – Add the reserved liquid with zucchini strips to the soup, and finally add the cream or half & half. Taste, and season with salt, pepper and a squeeze of lemon as needed.

**STEP 5** – Chill at least 2 hours before serving. If the soup is too thick, add a bit of water, broth, or milk.