today's main ingredient

A MELOCAL 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 pealed); 4 cut into chunks, with 1 cut into matchsticksized 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.

Episode 13 | Zucchini and Summer Squash

TodaysMainIngredient.org

Check out our weekly interviews with local farmers and chefs as our podcast series focuses on one locally grown ingredient in each episode. From kale to radishes to peas to garlic and mushrooms, and more, listen to farmers discuss how they grow that ingredient and hear chefs discuss what to do with it once you get it into the kitchen. This podcast can also be heard on radio at WDNH-FM (93.5) and WYCY-FM (103.5) on Sunday mornings at 7:05 a.m. and 7:20 a.m. respectively.