

Cold Cucumber Soup with Mint, Dill, and Lemon

From Notes from a Maine Kitchen (Down East Books 2011

On a steamy summer day this is the perfect lunch or dinner. The whole soup is whirled up in a blender or food processor and can be made in less than 15 minutes. Chill for several hours (or overnight) and serve with chopped cucumber, dill and mint and a drizzle of lemon oil.[/sidebar]

Ingredients:

1 1/2 pounds cucumbers, peeled, seeded and chopped
1/4 cup fresh dill
1/4 cup fresh mint
1 cup low fat milk or buttermilk
1 cup sour cream or low-fat plain yogurt
Salt and freshly ground black pepper to taste
1 tablespoon lemon-flavored olive oil, or 1 tablespoon olive oil plus 1 teaspoon lemon juice

Garnishes:

1 cup cucumber (peeled, seeded and finely chopped) mixed with 2 tablespoons finely chopped dill and 2 tablespoons finely chopped mint
Drizzle of lemon olive oil or olive oil mixed with lemon juice

In the container of a food processor or blender add the cucumbers, dill, mint, milk and yogurt and process until blended, but not totally smooth. Add salt and pepper to taste and drizzle in the olive oil (and lemon juice). Place in a bowl or jar and chill for several hours.

Serve ice cold sprinkled with the cucumber-mint-dill mixture and a drizzle of oil. Makes about 4 cups.

Serves: 4 to 6