

What's Cookin': Fabulous summer dessert

Today's recipe is a fabulous summer dessert. It can be made with any fresh berries (or combination thereof) and is also excellent with those perfectly ripe summer peaches! And that is the secret to the soup—the fruit must be perfectly ripe—if it is under-ripe, then the soup will not have much flavour. If the fruit is over-ripe you may get a slightly musty taste in the soup—not nice!

If you are using strawberries, be sure to wash the fruit before you hull it. If you hull the fruit first, then the berries get water logged during the washing process and don't have the same fruity flavour in your soup.

Any white wine that you enjoy will do fine for the soup, however, if you happen to have a super sweet late harvest vidal, sauterne or ice wine, then skip the sugar and just add the wine directly to the soup! If you are making this recipe for someone who does not like alcohol in their food, then replace the wine with



Lori Gysel & Gerry Kentner

apple juice. As for the yogurt, full fat will give you the richest flavour, but you certainly can use a lower fat one if you prefer. However, I wouldn't suggest skimping on the 35% cream. Nothing binds the soup together and adds that fabulous creaminess like a 35% cream.

Now that you have all this lovely fresh fruit, cream and wine in your soup, don't spoil it by adding lemon juice from a bottle. Get a fresh lemon and squeeze it—your tastebuds will thank you later! The liqueur mentioned at the end of the recipe is completely optional. A couple of nice choices are cointreau, grand marnier, framboise or cassis.

Have fun and keep cooking!

Strawberry Soup

Serves 6

Ingredients

- 2 lbs fresh strawberries, washed, hulled
- 1/4 cup white wine
- 1/4 cup sugar
- 1/2 cup plain yogurt
- 1/2 cup 35% cream
- 1 tbsp lemon juice
- 1/4 cup liqueur (optional)
- Mint leaf or minced fresh strawberries for garnish



Method

In a food processor, process strawberries until well pureed.

In a small saucepan, heat white wine and sugar until sugar has melted. Set aside to cool.

To the strawberry puree, add cool wine mixture, yogurt, cream, lemon juice and liqueur (optional). Mix well. Chill.

Garnish portions of soup and serve.

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