

Cucumber Soup

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This is a brilliant soup to serve in the summer - chill until cool and then serve with crusty bread or a light salad. Cucumber combines with yoghurt, buttermilk, garlic and seasonings to create a deliciously refreshing cool soup.

Ingredients:

500g yoghurt
350ml buttermilk
2 cucumbers
2 garlic cloves
Small handful fresh mint
Small handful fresh parsley
1 tbsp. olive oil
Salt and pepper

Directions:

1. Strain the yoghurt through a muslin cloth placed over a bowl for half an hour. Get rid of the whey that collects in the muslin.
2. Peel the cucumbers and slice lengthways, then scrape out the seeds. Put into a blender with the garlic, mint, parsley, yoghurt and buttermilk. Once smooth, stir in the oil and season with salt and pepper.
3. Put into the fridge, cover and chill until cool.

Author: Laura Young