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Smart and Sassy Springtime Cooking Series

**Cold Soup Extravaganza**

with

*Chef Rosita Caridi-Miller, Chef/Owner of  
Cibi Deliziosi*

June 11, 2012



**Chilled Peas & Mint Soup (Serves 6)**

2 medium leeks, white and light green parts only, chopped  
1 yellow or white onion, chopped  
2 tbsp. extra virgin olive oil  
16-oz. peas, fresh or frozen (not canned)  
4 cups chicken or vegetable broth, warmed  
Salt and pepper, to taste  
1 cup fresh mint  
Garnishes:  
Low fat Greek yogurt, sour cream or crème fraiche  
Mint leaves  
Chopped chives  
Herbed croutons

In a stock pot, heat olive oil over medium heat. Add the leeks and onions with a pinch of salt and cook until translucent, about 4 minutes. Stir occasionally.

Toss in the peas and add the warm stock and Bring to a simmer and cook, covered, for 10 minutes, until peas are soft.

Remove the soup from the heat and add the mint. Stir to combine.

Puree the soup using an immersion blender, food processor or blender:  
Using an immersion blender, blend the soup until smooth  
OR  
Food processor or blender method: Working in small batches, transfer the soup to a bowl of the processor or blender and blend into a puree. Note: it is important to work in small batches. Avoid overfilling the food processor.

Transfer the pureed soup back into the pot or a bowl and chill.

Garnish with a bit of yogurt, sour cream or crème fraise, herbed croutons, mint leaves or chives.

**Gazpacho**

*Adapted from Joyce Goldstein, Mediterranean The Beautiful Cookbook, 1994*

Serves 6; can be made a day or two ahead.

2 lb. vine ripened tomatoes, peeled, seeded and coarsely chopped  
1 large green sweet pepper, coarsely chopped  
2 small cucumbers, peeled, seeded, coarsely chopped  
1 medium onion – use a sweet variety, like Vidalia, Mayan, Texas, or Walla-Walla  
2 gloves garlic, coarsely chopped  
1 cup tomato juice, well chilled or ice water  
¼ c. red wine vinegar  
½ c. fresh bread crumbs, soaked in water to cover (optional)  
2-3 tbsp. good fruity olive oil  
2 tbsp. chopped fresh herbs, like parsley, basil, cilantro, tarragon (optional)  
Salt & freshly ground pepper to taste  
Ice cubes (optional)

Garnish:

1 c. diced, peeled tomatoes  
1 c. peeled, seeded and diced cucumber  
1 c. minced green sweet pepper  
½ c. finely minced onion  
2 c. garlic flavored croutons

In a blender or food processor, pulse the tomatoes to the desired consistency (smooth or slightly chunky). Remove to a bowl.

Place the other vegetables into the processor and mince them by pulsing a few times. Do not over process.

Add vegetables to the tomatoes.

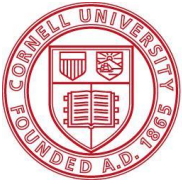
Stir in the tomato juice or ice water, vinegar, the optional bread crumbs, herbs and the oil.

Season to taste.

Cover and chill.

Serve the soup well chilled. Add an ice cube to each individual bowl if you like.

Pass the other garnishes in separate bowls for guest to add to their own bowl of soup.



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**Potato & Leek Soup**

*Adapted from: Fernande Garvin,, The Art of French Cooking (Bantan Publishing, 1958).*  
Serves 4-6

2 Tbsp. unsalted butter  
3 med. leeks, white & light green parts only, washed well to remove sand  
6 medium potatoes, (~2lbs.) peeled and quartered  
6 c. water, chicken or vegetable broth  
1 tsp. salt  
1 egg yolk  
1 c. milk  
Salt & pepper to taste  
Garnish: Chopped chives or croutons (optional)

- Heat butter in a stock pot.
- Shred leeks and add to the pan.
- Cook until leeks are slightly browned.
- Add the potatoes, salt & liquid.
- Bring to the boil.
- Cover and simmer until potatoes are tender (20-30 minutes).
- In the meantime, beat together the milk & egg yolk
- Once vegetables are tender, Strain. Mash vegetables.
- Stir cooking liquid into mashed vegetables and return to the pot.
- Bring to a slow boil and stir in the milk and yolk mixture.
- Bring to the boiling point but do not allow to boil.
- Serve hot or at room temperature. Garnish with chives, if desired.

**Variation:** Potato and leek soup makes a good base for seafood bisques or chowders. Try adding bite-size cuts of shrimp, lobster, crab or cod and cook it just until the seafood heats through. Serve it garnished with chives, parsley or herbed croutons - delish!