

SPICY SUMMER SQUASH SOUP WITH YOGURT AND MINT

Source: The Art of Simple Food by Alice Waters

Prepared by: Matthew Nelson, June 2016

Makes about 2 quarts: 4 to 6 servings

Heat, in a heavy-bottomed soup pot:

¼ cup olive oil

Add and cook, stirring often, over medium heat:

1 large onion, sliced fine

A pinch of saffron threads

1 teaspoon cumin seeds

1 teaspoon coriander seeds

¼ teaspoon turmeric

1 teaspoon sweet paprika

½ teaspoon cayenne pepper

2 garlic cloves, peeled and sliced

Cool until very soft but not browned. If the onions or garlic start to stick, turn down the heat, and add a splash of water to the pot.

While the onions are cooking, wash in cold water:

5 medium green or yellow summer squash

Cut into thick (3/4-inch) slices. When the onions are done, add the squash to the pot with:

Salt

Cook for 2 minutes, then pour in:

3 cups chicken broth

3 cups water

Bring to a boil, reduce to a simmer, and cook until the squash is tender, about 15 minutes. Meanwhile, make the yogurt and mint garnish. Cut into julienne:

4 mint sprigs, leaves only

In a medium-size mortar, pound half of the julienned mint to a paste. Stir in the remaining mint and:

2 tablespoons olive oil

2/3 cup yogurt

Salt

Let the soup cool a bit, then puree in a blender until very smooth. (Take care when blending hot soup to leave a vent for the steam to escape.) Reheat, thin with a little water if necessary, taste, adjust the seasoning, and serve hot with a spoonful of yogurt and mint. Pass around:

Lime wedges

at the table, if you want.

