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FRUIT SOUPS...

REFRESHING AS A SUMMER'S BREEZE

FRUIT soups—delicately flavored, jewel-colored and chilled to perfection—are getting a warm reception from hostesses both here and abroad for the glamour they bring to a simple meal. A beguiling first course, they are bound to cause comment—indeed they serve as a conversation piece as well as set the stage for the meal to follow.

In Scandinavian countries, fruit soups have long been popular and are found on the menus of many restaurants. Here, they reflect the interest being shown in old-fashioned cookery. Basic, natural foods, simply prepared, appeal to the taste of the Eighties.

Most fruit soups require little or no cooking and must be made ahead of time in order for them to be chilled properly, which makes them fine party fare. With the availability of seasonal fruits, the year-round supply of Florida orange and grapefruit juices, and the few minutes required to make them, fruit soups will also make family dinners exciting.

The secret of a successful soup is to stimulate the appetite—to refresh instead of satiate. Using Florida citrus as a base, fruit soups have a zest that is bound to please. The sparkling citrus flavor—both the fragrant orange and the piquant grapefruit—wakes up the taste buds and clears the palate for the next course. Citrus complements almost all other foods and works magic when combined with other fruits, enhancing their flavor without overwhelming them.

Vividly-hued Orange Cantaloupe Soup carries a muskmelon undertone brilliantly enlivened with Florida orange juice, with a hint of cinnamon and mace. Preceding a shrimp or crab salad, it signals a perfectly orchestrated meal.

Danish Buttermilk Soup is a perfect marriage of two distinct flavors—the grapefruit juice perks up the buttermilk—and has a fresh-as-a-daisy taste, to add distinction to a hearty buffet.

Sunshine Avocado Soup has velvety texture and a creamy richness lightened with succulent orange juice. A welcome introduction to any meal, it would make a fiesta of a patio steak dinner.

For the perfect finish to a robust dinner, Orange Raspberry Soup has a marvelous rosy-red tint and just the right amount of gratifying sweetness.



ORANGE CANTALOUPE SOUP

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| 1 large cantaloupe | 1/2 teaspoon salt |
| 2 cups water, divided | 1/8 teaspoon ground cinnamon |
| 1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted | Dash mace |
| | 2 tablespoons cornstarch |

Cut cantaloupe in half, remove seeds. Using a melon-ball scoop, scoop halves from one half; set aside. Scrape out pulp; reserve. Peel remaining half; cut into chunks. Place cantaloupe chunks and pulp in container of electric blender; cover; process until smooth. (You should have 1 cup puree.) Add 1 cup water, concentrated orange juice, salt, cinnamon and mace. Cover. Process 5 seconds. In small saucepan combine cornstarch and remaining 1 cup water; stir to dissolve cornstarch. Cook over medium heat until mixture boils and thickens; gently stir into cantaloupe mixture. Add melon balls. Chill well before serving. YIELD: 4 servings; about 5 cups.

SUNSHINE AVOCADO SOUP

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| 2 cups light cream or half and half | 2 ripe avocados |
| 1 1/4 cups water | 1/2 teaspoon salt |
| 1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted | 1/8 teaspoon hot pepper sauce |
| | Orange slices (optional) |

In container of electric blender combine light cream, water and concentrated orange juice. Process until smooth. Peel and seed avocados. Cut 1 1/2 avocados into chunks. Add to blender with salt and hot pepper sauce. Blend one minute until smooth. Chill. Cut remaining avocado half into slices. Garnish soup with avocado and orange slices. YIELD: 4 servings; about 5 cups.

DANISH BUTTERMILK SOUP

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| 6 egg yolks | 6 tablespoons (1/2 of a 6-ounce can) frozen concentrated grapefruit juice, thawed, undiluted |
| 1/4 cup sugar | |
| 1 quart buttermilk | |

In large bowl of electric mixer beat egg yolks and sugar until thick and lemon-colored. Gently stir in buttermilk and grapefruit juice concentrate. Chill. YIELD: 4 servings; about 5 cups.

ORANGE-RASPBERRY SOUP

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| 2 cups light cream or half and half | 1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted |
| 1 package (10 ounces) frozen raspberries, thawed | 1/2 cup heavy cream, whipped |
| | Grated orange rind |

In container of electric blender combine light cream, raspberries and concentrated orange juice. Cover. Process on high one minute until smooth. Chill. Garnish with whipped cream. Sprinkle with grated orange rind, if desired. YIELD: 4 servings; about 5 cups.

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