

# Bored with barbecue? Perk up with cold crab soup

If you consider hearty, rich soup a perfect and satisfying meal for the cold weather, you are absolutely right. But what about summer, and the glorious warm weather it brings?

Although stew and other hearty concoctions may be ideal for the winter months, they seem both unappealing and too heavy for the warm months of summer. But for a variation on a great idea, why not try chilled or leed soups that are both refreshing and innovative, and light enough for the warmest summer evening?

Soups, while nutritious and filling, also provide a creative culinary breather for the warm-weather cook who is probably already tired of the summer barbecue repertoire.

Most chilled soups require only minimal cooking time, and the advance preparations necessary to complete the recipes are swift.

The appealing combination of simple yet diversified recipes makes chilled soup a welcome newcomer to summer menu options. While adding something new, they are also a fresh outlet for luscious summer fruits and vegetables and different shellfish as well.

The recipe for Cold Crab Soup, reproduced from "The Star of Texas Cookbook" (Doubleday & Company Inc.) compiled by the Junior League of Houston, is by far one of the easiest of chilled soup recipes. This soup requires no cooking time, and the combination

of crab meat and buttermilk with fresh dill makes it lusciously flavorful and a perfect first course for even the most elegant dinner party.

**COLD CRAB SOUP**  
 1 tbs. dry mustard  
 1 quart buttermilk  
 1 tbs. chopped fresh dill or 1/4 tsp. dried dill  
 1 tbs. salt  
 1 tbs. sugar  
 1 lb. fresh lump crab meat, drained and picked  
 1 cup shredded cucumber for garnish  
 Paprika for garnish

Mix mustard with a little buttermilk until blended. Add dill, salt, sugar, and remaining buttermilk. Add crab meat and mix in gently to retain lumps. Chill for several hours. Garnish with cucumber and sprinkle with paprika.

Serves 6.

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1 medium carrot, sliced  
 1/2 cup chopped fresh parsley  
 2 garlic cloves, minced  
 4 large ripe tomatoes, peeled, cored and chopped  
 1 sprig fresh basil  
 1 tsp. salt  
 2 cups vegetable stock  
 Lemon or lime wedges

Heat oil in medium saucepan over medium-high heat. Add onion, carrot, parsley and garlic and saute until well-softened. Transfer to food processor or blender with tomato, herbs and salt; puree. Add vegetable stock and mix well. Cover and chill thoroughly. Serve with lemon or lime wedges.

Puree can be put through wire strainer for a soup with smoother consistency.

importance of imagination is essential. The following recipe, for Cold Guacamole Soup, reproduced from "The New York Times Bread & Soup Cookbook," makes use of her advice for using leftovers or whatever you have available to you.

**COLD GUACAMOLE SOUP**  
 2 large ripe avocados  
 5 cups chicken broth  
 1 1/2 tbs. mayonnaise  
 2 cups beef cream  
 1/4 cup ripe tomatoes peeled, seeded and coarsely chopped  
 1 tsp. chili powder  
 10 drops tabasco sauce  
 2 tbs. lemon juice

Peel, seed and chop avocados. Reserve 1/4 cup. Place pit and lemon juice in the cup and refrigerate. Place remaining chopped avocado in blender container with 1/2 cup chicken broth. Blend until smooth, stopping occasionally to push contents down against blades. Add the remaining chicken broth and mix thoroughly. Place in a glass or enamel pot and bring slowly to a boil. Lower flame immediately and simmer over very low flame for 5 minutes. Cool. Meanwhile, peel, seed and chop the tomatoes and peel and chop onions. Refrigerate. In a small bowl add the cream, a bit at a time, to mayonnaise, stirring until smooth. Add the mayonnaise-cream mixture to the

cooled avocado soup and chill well. Just prior to serving, stir in remaining ingredients including reserved chopped avocado with pit removed. Serve very cold, garnished with Lemon-Lime Cube.

**ALSO FROM Tarr's books is this recipe for refreshing Strawberry, Lemon or Lime Ice Cube.**

**STRAWBERRY, LEMON OR LIME ICE CUBES**  
 Strawberry  
 Thin lemon slices  
 Thin lime slices  
 Water

Place water in ice cube trays. Tuck a strawberry or slice of fruit in each compartment. Freeze. Serve in Cold Soups.

creamy dessert! The recipe is from "Great American Cooking Schools: Soups & Salads" (Trena Chalmers Cookbooks Inc.) by Sandi Cooper.

**COLD STRAWBERRY SOUP**  
 Sugar syrup made from 1/4 cup water and 1/4 cup sugar, heated until the sugar has completely dissolved  
 4 cups fresh, ripe, cold strawberries  
 2 cups thick-wine, chilled  
 Grated zest of two lemons  
 2 tsp. Angelina bitters

Decorations:  
 1 cup plain yogurt  
 8 tiny rose geranium leaves or 6 fresh mint leaves

Prepare the sugar syrup and allow it to cool. Refrigerate. Puree the cold strawberries in a food processor or blender. Add the remaining ingredients to the processor and blend. Add the cold sugar syrup and blend again.

Serve this soup in an ice cream champagne "flute" with a tiny fillip (1/4 tablespoon) of yogurt floating on top. Decorate the yogurt with the fresh leaves.

Once you add chilled soups to your summer menu as an appetizer, main course or even dessert, you will find their one and refreshment essential elements in summer entertaining.

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**THE RECIPE** below for Chilled Fresh Tomato Soup, reproduced from "Cooking with Bon Appetit: Soups and Salads" (Knapp Press), is a lighter version of a cool weather favorite. It is ideal to serve as a vegetarian dish for vegetable stock serves as the soup's base.

**CHILLED FRESH TOMATO SOUP**  
 2 tbs. olive oil  
 1 medium onion, sliced

IF THE chilled soup recipe for which you are looking needs to be more filling, to serve as a main course for family or guests, there are many alternatives available.

According to Yvonne Young Tarr author of "New York Times Bread & Soup Cookbook," delicious soups can be made with 10 minutes of preparation.

Tarr offers her own secret for successful soups: substitution. She reminds readers to take advantage of all available food, pre-prepared, frozen or canned; anything you find and make use of, will add to your cooking. The

Put diced vegetables and broth in medium saucepan, cover with water, stir in 1/2 teaspoon salt, boil 5 minutes, cover and cook on medium heat 25 to 30 minutes. Melt 4 tablespoons butter in small saucepan on low heat and cook onion until tender. Drain vegetables, mash until smooth, stir in onion, add rest of salt and butter, sugar, pepper and beat until fluffy. Serves 4.

Another appealing choice for chilled soups prompts a selection from fruit. While both naturally sweet and refreshing, they also allow you to take advantage of the fresh fruit crops whose availability is also at peak during the summer months.

A wonderful and almost dessert-like soup is the following recipe for Cold Strawberry Soup. Served elegantly in a champagne "flute" glass, it makes a wonderful appetizer or even a rich and

Prepare the sugar syrup and allow it to cool. Refrigerate. Puree the cold strawberries in a food processor or blender. Add the remaining ingredients to the processor and blend. Add the cold sugar syrup and blend again.

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pilot light  
**Greg Melikov**

## An old idea whose time has returned

Packaging produce for consumers has come a long way. When I was a youngster, you had to fend for yourself: scoop up the vegetables and pop them in faithful brown bags. I do recall that at some grocery stores there was a produce person who did the weighing and marking up.

Not long ago some marketing genius decided loose was out and prepackaging was in. Enter cellophane and the Styrofoam container.

I have a hunch the bright grocery expert believed that prepackaged produce would keep ripe tomatoes and easily bruised fruit out of the hands of pawing, non-buying shoppers.

One of the supermarket chains I patronize has an old idea and even advertises it in shopping bags: "U-PICK! Fruits & Vegetables. Garden fresh! Displayed loose! Pick what you want! Buy only what you need!"

Ab, progress! Several friends take the loose produce concept one step beyond — they travel to you-pick-'em fields. One likes the roadside stand because she can pluck turnips and greens together without working up a sweat.

She has a good idea for reducing the bitterness of greens: get rid of most of the stems.

**TURNIPIES AND GREENS**  
 1/2 lb. salt pork, diced  
 1 large bunch turnips with greens  
 Salt and crushed red pepper to taste

Boil salt pork in water 5 minutes, drain and place in large pot. Remove turnips from greens, peel, quarter and set aside. Rinse greens several times, leave wet, remove most of stems, place in pot, add

a little water, add salt and pepper, cover and cook 30 minutes on medium heat. Add turnips, cover and cook another 30 minutes. Serves 5.

**MASHED TURNIPS AND POTATOES**  
 2 cups diced turnips  
 2 cups diced potatoes  
 1 cup clear beef broth  
 1 tsp. salt  
 4 tbs. butter  
 1/2 cup chopped onion  
 1/4 tsp. sugar  
 1/4 tsp. white pepper

Put diced vegetables and broth in medium saucepan, cover with water, stir in 1/2 teaspoon salt, boil 5 minutes, cover and cook on medium heat 25 to 30 minutes. Melt 4 tablespoons butter in small saucepan on low heat and cook onion until tender. Drain vegetables, mash until smooth, stir in onion, add rest of salt and butter, sugar, pepper and beat until fluffy. Serves 4.

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## Pack a salad for lunchtime

With just a little planning, salads can be packed and toiled to work and school. Use convenient ingredients like a can of chunk white chicken, hard-boiled eggs, fresh vegetables and salad greens.

A collection of plastic containers with light-fitting lids will insure that the salad and dressing will arrive without any spills. Be sure to pack the salad dressing separately and toss just before serving.

**SPINACH SALAD**  
 1 can (5 oz) chunk white chicken  
 2 cups fresh spinach torn in bite-sized pieces  
 1 cup sliced fresh mushrooms (about 1/4 pound)  
 2 hard-cooked eggs, sliced  
 1 small onion, sliced  
 1/2 cup bottled low-calorie Italian salad dressing

In large bowl, combine chicken, spinach, mushrooms, eggs and onion. Toss salad gently to coat lettuce. Makes 4 cups or 2 servings.

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