

Chilled Cucumber Buttermilk Soup

Adapted from Fresh by John Bishop

Ingredients

- ◆ 6-7 cucumbers, peeled and seeded
- ◆ 1 large sweet onion
- ◆ 4 cups buttermilk
- ◆ 3-4 tablespoons chopped mint
- ◆ Pinch of sugar
- ◆ Salt and pepper
- ◆ Fresh mint for garnish



Instructions

Place a fine mesh sieve over a bowl and use a grater to grate the cucumbers and onions. Allow to drain for 5-10 minutes.

Transfer cucumber and onion to a food processor or blender and process until smooth.

Strain pureed vegetables through the sieve, discarding any solids.

Whisk in buttermilk, mint, sugar, salt and pepper to taste.

Chill for at least 2 hours and up to 24.

Serve in chilled bowls and garnished with mint.