

Strawberry Soup

with Mint Powder and Cream

By Annie Falk

In this recipe, the berries take center stage with a touch of cream to complement their fresh fragrance and flavor. A delicious mint powder and a few almond slivers also help to balance the sweetness of the berries, creating a dish that celebrates the beauty of the spring season. Serve this soup as an appetizer to a hearty lunch.

Serves 4

This recipe can be found at www.anniefalk.com.



Ingredients

- 2 ¼ pounds fresh ripe strawberries, hulled and halved
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon sugar
- 2 tablespoons wildflower honey
- 1 teaspoon rose water
- ½ cup freshly squeezed orange juice
- ½ cup heavy cream, for garnish
- 4 teaspoons mint powder, for garnish
- ¼ cup sliced toasted almonds, for garnish (optional)

Recipe Instructions

In a large bowl, toss the strawberries with 1 tablespoon of the lemon juice and the sugar. Cover and allow to sit for 1 hour.

Place the strawberries in a blender or a food processor fitted with the chopping blade. Add the remaining lemon juice, the orange juice, honey and rose water and pulse a few times, just until you have a chunky gazpacho consistency. Be careful not to over process.

Chill the soup until ready to serve.

In a medium bowl, use a whisk to whip the heavy cream until it is thick but not fluffy. Pour the whipped cream into a squeeze bottle.

Ladle the strawberry soup into bowls or large teacups, top with the cream, powdered mint and sliced toasted almonds, if desired. The soup can be served chilled or room temperature.