

Long Island WOMAN

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Sustenance

by Lyn Dobrin

COLD SOUP

Delicious Recipes from Top Long Island Chefs

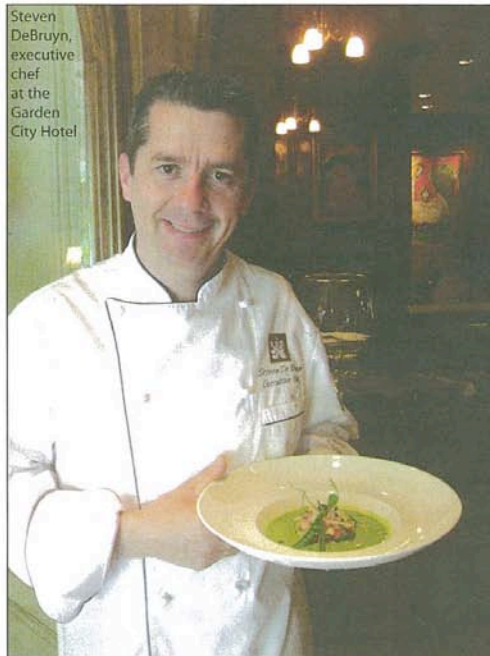
Cold soup can be a delicious cool-me-down on a blistering summer day. Cold soups are versatile – starting off the meal, serving as a main dish or finishing up as dessert. When the tomatoes are at their prime, try Long Island Farm Stand Gazpacho by Chef Michael Meehan of Speranza Fine Italian Food Studio in Woodbury. Depending upon how much cayenne you add, this can be mild or spicy.

For a heartier soup, Steven DeBruyn, executive chef at the Garden City Hotel, offers sweet pea soup with cucumber and coconut. "This is an amazing soup that is very easy to make," says DeBruyn. "It's

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always a huge hit." Tito Onofre, executive chef of Jonathan's in Huntington, adds crab salad to his cucumber-yogurt soup for a refreshing and filling main course. And for dessert, consider this strawberry soup from Executive Chef Noah Schwartz of the Seafood Barge in Southold or

roasted peach soup from Marc Anthony Bynum, executive chef of Tellers Chophouse in Islip.



Steven DeBruyn, executive chef at the Garden City Hotel

Steven De Bruyn's Chilled Sweet Pea Soup with Cucumber and Coconut

4-6 servings

- 2 tablespoons Vidalia onion, chopped
- 1 tablespoon ground coriander (from toasted seeds)
- 1 quart vegetable stock
- 6 cups fresh peas (or frozen)
- 1 cup fresh spinach leaves, packed tight
- 1/2 cup fresh parsley leaves
- 2 1/2 tablespoons dried unsweetened coconut
- 8 blanched mint leaves
- 3/4 cup heavy cream (optional)

Sweat the onions in one-half tablespoon of butter on a medium flame with ground coriander for about 8-10 minutes until very soft but not brown. Add the stock, bring to a boil and let simmer for a few minutes. Add the peas and the coconut, bring to a boil as quickly as possible and then add the cream. Let boil for a minute; add the greens. Puree the soup, straining if necessary. Adjust the seasoning and cool the soup very well. Serve in a chilled glass with garnish.

For the garnish: diced cucumber, daikon sprouts, pea shoots, fresh cilantro leaves, thinly sliced fresh mint and chopped chives. (Change the garnishes according to your personal preference.)

Michael Meehan's Long Island Farm Stand Gazpacho

6-8 servings

- 1 medium red pepper, seeded and diced
- 1/2 red onion, diced
- 6-8 ripe (or overripe) beefsteak tomatoes
- 1 cucumber, peeled, seeded and diced
- 4 cloves garlic, chopped
- 1/2 ounce each basil, parsley and chives
- 1/4 cup sherry vinegar
- 2 limes, juiced
- salt, pepper and cayenne to taste

Puree all ingredients with immersion blender. Thin with tomato juice, if needed. Season with salt, pepper and pinch of cayenne. Serve well chilled.

Tito Onofre's Cucumber-Yogurt Soup with Crab Salad

serves 8

SOUP

- 2 minced garlic cloves
- 3 tablespoons chopped mint
- 1 tablespoon chopped cilantro
- 1 quart plain yogurt
- 1 cup whole milk
- 5 peeled, seeded medium cucumbers
- salt and pepper to taste

Mix all in a food processor or a blender at medium speed; cover and chill overnight. After chilling, check the seasoning and adjust.

CRAB SALAD

- 1 pound crab lump
- juice of 2 lemons
- 1/4 cup chopped cilantro