



Cold Cucumber Soup

makes about 4 cups

- 2.5 pounds cucumbers
- 1 shallot
- 1 serrano chile
- 1 large handful shiso (or basil or mint, or a combination)
- 1 cup buttermilk
- 1 tablespoon sunflower oil
- 4 tablespoons fresh lime juice
- 1 teaspoon sea salt
- toasted sunflower seeds, for garnish
- tiny diced cucumber, for garnish

Peel cucumbers and remove any large, horsey seeds. Peel and slice shallot. Stem and chop chile, removing seeds if you like less heat. Add these vegetables plus herbs, buttermilk and oil to blender or Vitamix and process until very smooth. Add lime juice, one tablespoon at a time, tasting after each addition, until you achieve the tartness you like. Salt to taste. Chill until very, very cold. Garnish with a sprinkling of sunflower seeds and diced cucumber, a drizzle of olive oil and some crunchy sea salt.