

# Cold Cucumber Soup

Recipe courtesy Emeril Lagasse, 2004



<b>Prep Time:</b>	30 min	<b>Level:</b>	<b>Serves:</b>
<b>Inactive Prep Time:</b>	2 hr 0 min	Easy	2 1/2 quarts; 8 to 10 servings
<b>Cook Time:</b>	—		



## Ingredients

6 pounds cucumbers (about 6 cucumbers), peeled, seeded, and coarsely chopped (12 cups)  
2 yellow bell peppers, stem and seeds removed, coarsely chopped  
4 green onions, chopped  
2 jalapeno peppers, minced  
2 tablespoons finely chopped fresh cilantro  
1 tablespoon finely chopped fresh mint  
1 tablespoon finely chopped fresh dill  
3 to 4 garlic cloves, mashed to a paste with 1 teaspoon salt  
2 teaspoons Essence, recipe follows  
1 1/2 teaspoons salt  
1/2 teaspoon cayenne pepper  
3 cups plain yogurt  
3 cups sour cream, divided  
3 tablespoons extra-virgin olive oil  
2 teaspoons white wine vinegar  
2 tablespoons minced fresh chives

## Directions

Combine the cucumbers, bell peppers, green onions, jalapenos, cilantro, mint, dill, garlic, Essence, salt, cayenne, yogurt, 2 cups sour cream, olive oil, and white wine vinegar in a large bowl. Working in batches, puree the ingredients in a blender until very smooth. Transfer the soup to the refrigerator until well chilled, at least 2 hours. Taste and adjust the seasoning if necessary. Serve the soup, with each bowl garnished with a dollop of the remaining sour cream and some of the minced chives.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried oregano  
1 tablespoon dried thyme