

Cold Cucumber Soup

Recipe courtesy Emeril Lagasse, 2004



Prep Time: 30 min | Level: Easy | Serves: 2 1/2 quarts; 8 to 10 servings
Inactive Prep Time: 2 hr 0 min | Cook Time: -

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