

Creamy Chilled Cantaloupe Soup with Ginger

Ingredients

4 cups chopped cantaloupe

1 teaspoon peeled and minced fresh ginger root

¼ teaspoon ground sumac (substitute 1/8 teas cayenne pepper if preferred)

Juice and zest 2 limes

1 cup Greek yogurt

¼ teaspoon salt

¼ teaspoon nutmeg (optional)

1 tablespoon honey or sugar

Instructions

Puree the chopped cantaloupe in a blender or food processor until smooth.

Pour the puree into a medium-sized bowl and mix in the remaining ingredients.

Taste and adjust the sweetness.

Chill for one hour.

Serve the chilled soup topped with a just a light dusting of sumac, whipped cream or strawberry salsa. Add a few freshly harvested French tarragon leaves and a blue borage blossom for a colorful presentation.

Notes:

If desired, nutmeg may be omitted.

Ground sumac lends a tart note to foods. The flavor of sumac is like citrus fruits, especially lemon. If you are uncertain about using ground sumac, do your own research before consuming. I found it to be a zesty substitute for cayenne pepper.