

Swicy Mango Soup

When I was first compiling these recipes, a big part of it was simply watching cooking shows and seeing what professionals came up with. So much of it, even the soups, were simply hot broths with some ingredients thrown in, less of a real soup dish and more like boiled ingredients with stock poured over them. It made me realize how much has changed over time, and how creative people can be when they're not stuck in a rut of what fine dining can be. Cold soups, using ingredients that are good for you, that give flavors people care about, than can be eaten on the hottest day of the year and enjoyed. Right now sweet and spicy is in. Mangoes make a perfect backdrop to work from, and this is simple enough that kids can make it just as easily as adults.

Difficulty: Easy | Serves 4

Prep Time: 20 Minutes | Wait Time 4-8 hours | Cook Time: 5 minutes

● Ingredients:

- 3 Fresh Mangos
- Can of Cream of Coconut
- 12 oz Strawberry Kefir
- 1 tsp Curry Powder
- 2 Limes
- 2 tsp Tajin plus a pinch to garnish
- A few sprigs of Fresh Mint



Instructions:

1. Begin by carving your mango. You'll want about three mangos to serve four people. You don't have to be super delicate with it, but try to get some big cubes for when you're assembling in the bowl.
2. Take one mango worth of your best-looking mango pieces and place it on parchment paper on a small tray. Put that in your freezer and let it freeze. Feel free to do this the night before, but as long as it gets icy-cold you'll be good.
3. Take the rest of the mango and put it in your blender. Add the cream of coconut, strawberry kefir, curry powder, Tajin, and the juice and zest of one lime.
4. Blend until fairly smooth. Don't worry if it's not perfect, nobody is.
5. Pour into bowls. Top each bowl with the frozen mango chunks, a pinch of Tajin, and a few mint leaves.
6. Serve immediately.

Notes:

You can make this extra spicy by adding cayenne pepper. Feel free to experiment with other flavors of kefir or yogurt. Other fruits work as well, but you'll need to adjust to get the same amount of soup in the end as every fruit is different - watermelon and blackberry are great fruits but you'd definitely need a lot of blueberries and one good-sized melon might be enough on its own.