

Norfolk Farmers Market
Cook the Market
July 19, 2019

Chilled Summer Soups
Featuring

Market Veggies
Olive Oil Factory Olive Oil
Rustling Winds Farm
Rolling Rock Salt and Pepper
Barbourtown Sugar Farm

Chilled Blueberry Soup with Basil and Lime

Makes 1 quart

1 pint blueberries
1 cup water
1/2 cup sugar
Juice of 1 lime
1/2 cup chopped basil
1 cup cold chamomile tea

Make a simple syrup by combining the sugar, 1 cup water and basil and heat until sugar has dissolved. Let basil steep for 30 minutes. Strain and return to heat with tea and bring to boil. Poach berries for 5 minutes. Let cool. Whiz in a blender with lime juice, strain and garnish with freshly chopped basil, a dollop of yogurt and freshly grated lime zest.

Golden Beet Gazpacho

1 bunch golden beets boiled, peeled and chopped
1 pint cherry tomatoes halved or about 1 lb. of tomatoes, seeded and chopped
1 clove garlic, crushed or grated
1 shallot or 1/2 bunch of scallions chopped
1 small red or yellow pepper, chopped
1 small cucumbers, peeled, seeded, chopped
2 -3 Tbsp Sherry Vinegar
1/2 cup olive oil
Salt and pepper

Add first 7 ingredients together in a blender with 1 cup water. When smooth, slowly add olive oil. Season with salt and pepper and strain into a container. Let chill for several hours for

flavors to develop. Garnish with extra chopped cucumbers, cherry tomatoes and fresh cilantro.

Zucchini Soup with Buttermilk and Tarragon

2 medium size zucchini, thinly sliced, about 3 cups

1 small potato chopped

1 small onion

1 quart veggie stock

1 cup buttermilk

1/2 cup chopped parsley

2 Tbsp finely chopped tarragon

Salt and pepper

Olive oil

Cook the onion in olive oil until soft. Add potato, zucchini and stock. Cook until veggie are tender, about 10 - 15 mins. Cool completely. Puree in a blender with tarragon and parsley. Season with salt and pepper. Garnish with sour cream and more chopped parsley.