

Recipes for The Farm at Miller's Crossing, Week 10 – 2010

Carol Hargis, The Market Fresh Chef 

Did somebody say “Cold Summer Soup”?

CSA Garden Gazpacho serves 12

6 cups coarse chop TOMATO (6 medium)
1 med CUCUMBER, peel, seed, coarse chop
1 med green bell PEPPER, coarse chop
1 cup TOMATO JUICE
3/4 cup beef, chix, or veggie BROTH
1/4 cup RED WINE
1/4 cup ONION, fine chop
1 fresh JALAPENO, seed, fine chop
2 Tbsp. snipped CILANTRO
1 Tbsp. RED WINE VINEGAR
4 CLOVE GARLIC, mince



Stir all together. s&p. Cover, chill overnight. Ladle in bowls. May top w/ avocado. To make it a Seafood Gazpacho: stir 8oz chopped cooked shrimp or 8oz. lump crabmeat into soup before serving.

Summer Tomato Soup w/ Basil

6 ripe TOATOESs, peeled
1 tsp. SUGAR
1/4 cup packed BASIL leaves, sliced thin
1 tsp. SALT
1 tsp. PEPPER
PARSLEY, chop fine



In large stockpot boil 6 qts. water. Using slotted spoon put 1 tomato in water. After 1 min, or when skin begins to wrinkle, remove tomato. Repeat process. After blanching, remove skins & cut in quarters. Put quarters in processor & puree. Strain into large glass bowl w/ sieve to catch seeds. Add basil & sugar, s&p. Mix well, cover, chill several hours. Serve garnished w/ parsley.

Chilled Cucumber Soup serves 6

3 large CUCUMBERS, peel, seed & chop
1 ONION, chopped
2 Tbsp .chopped DILL
3 cups chix or veggie STOCK
1/2 cup. HEAVY CREAM



Bring cukes, onion, dill & stock to boil in saucepan over mod heat. Turn to simmer & cook til soft. Let cool, then puree. Return to saucepan, add cream & reheat slowly. Do not boil. Garnish w/ dill.

Cold Summer Heat Soup serves 4

1&1/2 cups coarse chop TOMATO
3 cups CANTALOUPE chunks (or other summer melon)
1&1/2 cups coarse chop CUCUMBER (peel, seed)
1 cup plain YOGURT
1&1/2 Tbsp. minced MINT
1/4 tsp. GINGER
1/2 tsp. SALT



Blend all in batches almost smooth. Chill 2 hrs. Garnish w/ small melon balls & a mint sprig.