Cold courgette soup

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 6

Courgette soup

500 g courgette

1 onion

1 clove of garlic

Chop up the courgette. Peel the onion and slice into rings. Crush the clove of garlic.

Mix the vegetables, onion and garlic together. Put the vegetables in the cooking tray.

Put the cooking tray into the cold cooking space. Steam.

Steaming 100 °C for 20 Mins

Purée the steamed vegetables.

400 ml vegetable bouillon

90 g crème fraîche

1 tbsp vinegar, sherry or white wine vinegar

salt

Pepper

Add the bouillon, crème fraîche and vinegar to the puréed vegetables and mix together well. Season to taste with salt and pepper and chill in the refrigerator for about 1 hour.

Place an ice cube in each soup cup. Stir the cold courgette soup and divide up among the cups. Garnish with the bread cubes that were put aside and serve immediately.

Croutons

2 slices of toast bread

1 clove of garlic

A dash of olive oil

Cut the toast bread into small cubes. Crush the garlic and mix together with the toast bread.

Heat up the olive oil in a frying pan, toast the bread cubes, stirring often, and then set aside.

Accessories

Stainless steel tray

Hand mixer or blender

6 soup cups

6 ice cubes

Additional information

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