Cold courgette soup

Рецепт від V-ZUG AT



готування	20 хв
Пауза	1 годин
Час готування	20 хв
Порції	6
Прилад	Combair-Steam SL з 2015 року

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.

Готування на парі 100 °C протягом 20 хв

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.

Аксесуари

Stainless steel tray

Hand mixer or blender

6 soup cups

6 ice cubes

Додаткова інформація

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