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Elephant Walk's Chilled Avocado Citrus Soup

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Nadsa De Monteiro (Jonathan Kannair, courtesy of Elephant Walk)

You may not want to hear this, but it's true: it's almost the middle of August, and those dog days of summer are nearing their end. But don't start packing up your lawn chairs or closing up your Cape house quite yet — we've got a recipe to keep the summer celebration going.

This week, our ongoing recipe series salutes the perfect summer dish: a chilled avocado citrus soup. It comes from Nadsa De Monteiro, the executive chef of Elephant Walk, a French-Cambodian restaurant with three locations in the Boston area. This soup locks in the breeze of the beach — no stove necessary.

Chilled Avocado Citrus Soup

by
Nadsa De Monteiro,
Elephant Walk

1	small	onion, chopped
1	Tablespoon	salt, regular
1	quart	orange juice, freshly squeezed
1	cup	lime juice, freshly squeezed
1	Tablespoon	sugar
2	teaspoons	salt, regular
1/2	teaspoon	black pepper
1	teaspoon	garlic, chopped
2	Tablespoons	extra virgin olive oil or Soybean oil
3		avocados, cut 1/2 inch cubes
2/3	cup	button mushrooms, sliced 1/4 inch thick
2	cups	plum tomatoes, diced without pulp
4	Tablespoon	cilantro, chopped (1 Tablespoon per serving)

- Cover the chopped onion with salt for 20 to 30 minutes. Rinse the salt completely off the onion, drain and squeeze off excess water.
- Mix salt, black pepper, orange juice, lime juice, garlic and sugar. Stir to mix well.
- Add olive oil and mix well. Add the diced avocado, mushroom, tomatoes and onion. Stir gently now to mix well.
- Let chill for 1 hour before serving.
- When serving, add 1 Tablespoon of chopped cilantro to soup and stir to mix.