

# Chilled Cantaloupe Soup

This is a delicious dish to serve on a hot day (as well as using up ripe fruits that you may have on hand). Organic frozen strawberries are a good substitute out of season.



Serves 8 x 250 ml portions.

## Ingredients:

|            |  |
|------------|--|
| 1 kg       | ripe cantaloupe, peeled, seeded, chopped |
| 500 g      | fruit salad mixed fruits                 |
| 500 ml     | apple juice                              |
| 1 TB       | cinnamon                                 |
| 50 g       | mint                                     |
| 1 tsp      | tobasco                                  |
| 100-150 ml | honey                                    |
| 3 TB       | lemon juice                              |
|            | Zest of 1 orange                         |

## METHOD:

- Puree cantaloupe and fruit in a food processor, strain to remove bits of skin and solids.
- Add apple juice, cinnamon, mint and tobasco.
- Add honey and lemon juice TO TASTE\* — amount needed will vary depending on the ripeness of the cantaloupe and fruit salad.

\*If Cantaloupe is very ripe use more lemon and less honey. If cantaloupe is just ripe use less lemon and more honey.

Ladle into chilled soup bowls and garnish with orange zest.

For strawberry or blueberry soup follow the same method replacing the cantaloupe with strawberries or blueberries.

Note: Chill for 4 hours if possible. If late, put into freezer for an hour. Add garnish at last moment.