Cucumber Gazpacho with Mint Paste

Jacob · 30/09/2024



Prep Time

6

Dificult

Medium

Servings

6 servings

Description

This is a great refreshing soup on a hot day It is made in minutes You can also make parsley paste and serve it with the soup just substitute parsley for mint Serve with crusty bread or garlic bread

Ingredients

- - 2 large cucumbers
- peeled and halved lengthwise - ½ (16 ounce) container sour cream - 1 pinch white sugar - 1 pinch cayenne pepper - ½ bunch fresh mint leaves - 3 tablespoons olive oil
- or more to taste - 1 tablespoon chopped hazelnuts - ½ teaspoon salt
- or to taste - ½ teaspoon lemon juice
- or more to taste

Instructions

1. Scrape cucumber seeds into a fine mesh sieve and press out as much liquid as possible. Reserve liquid and roughly chop cucumbers. Combine cucumbers and cucumber liquid in the bowl of a food processor; process until smooth. Whisk cucumber puree and sour cream together in a bowl. Season with sugar and cayenne. Cover and refrigerate. Mash together mint
2. olive oil
3. and hazelnuts in a mortar and pestle until a paste forms. Season with salt and lemon juice. Divide gazpacho between individual bowls and place a spoonful of mint paste on top of each.