

## **Creamy Cucumber Soup**

*A Recipe by Chef Walter Staib*

Serves 10

1 tablespoon unsalted margarine

1 medium onion, peeled and finely chopped

8 cups peeled, seeded, and chopped English cucumbers

2 cups peeled and chopped Yukon gold potatoes

2 quarts reduced sodium chicken stock

1 cup skim milk

2 tablespoons chopped fresh dill

Freshly ground white pepper

1 medium English cucumber, peeled, seeded, and cut into strips about 2 inches long and 1/8 inch wide (about 1 1/2 cups), for serving

Salmon roe, for garnish (optional)

Finely chopped fresh chives, for garnish

1. At least 4 hours before serving, melt the margarine in a 6-quart saucepan over medium heat, add the onion, and sauté until translucent and slightly softened, about 2 minutes. Add the cucumbers, and sauté, stirring constantly, until translucent and any liquid they release has evaporated. Stir in the potatoes, and sauté for 2 minutes more.

2. Add the stock, raise the heat slightly to medium high, and cook until the potato pieces have completely broken down and are no longer visible, about 25 minutes. Remove from heat and pour about one-third at a time into a blender, puréeing until smooth. Pour into a bowl or container, cover, and set aside in the refrigerator to chill completely, 4 hours or overnight.

3. When ready to serve, add the skim milk, stirring until well combined. Stir in the dill and season with white pepper.

4. To serve, place 1 tablespoon of cucumber strips in the center of each soup bowl, and ladle the soup around it. Set 1 teaspoon of salmon roe on top of the cucumber and sprinkle with chives.

### **Nutritional Breakdown – Creamy Cucumber Soup**

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
<b>HH Creamy Cucumber Soup</b>	<b>10</b>	94	2.3	0.4	0.5	464	1.3	13	7