



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CHILLED ALMOND SOUP

"Town Country" ~ Geoffrey Zakarian

Serves 5

Ingredients:

1. Tear the crusts off about four ½-inch-thick slices of day-old bread (a peasant bread or something similarly rustic and hearty is best)
2. Discard the crust and rip the remaining bread into chunks. Soak them in a bowl of milk or water for a minute or two to moisten, and then squeeze out the liquid.
3. Place the moistened bread, six cloves of garlic, 3 ½ cups of fried and salted Marcona almonds, 3 tablespoons high-quality sherry vinegar, 5 cups yellow or green seedless grapes, and 1 ½ cups extra virgin olive oil into the bowl of a food processor. Pulse to chop, then process until smooth. While the motor is running, pour in 4 cups of ice water to liquefy. Season to taste with salt and pepper.
4. The secret to this soup is quality of the ingredients and the consistency, which should be substantial but still soupy. (Simply add more ice water if too thick). Should you want it sweeter, add more grapes; or sharper, add more garlic.
5. Chill the soup for at least 3 hours.
6. Serve in chilled bowls with a swirl of good olive oil, a scattering of scallions and, if available, a diced ripe fig.