

Cucumber soup with prawns



Tonya Jennings is a Melbourne-trained chef who now operates On the Ridge Cooking School at Kureelipa. She says this soup is refreshing, colourful and delicious, and creates maximum impact

Cucumber soup

3 onions
4 cloves garlic
600g desiree potatoes
100ml olive oil
300ml pouring cream
300ml milk
2 telegraph cucumbers
Extra milk if required

½-1 bird's eye chilli, seeded and finely chopped
2-3 green prawns a person
1 jar salmon roe
200g Greek-style yoghurt

Basil oil

2 bunches basil
200ml olive oil

Preparation time 50 minutes

How long it will last in the fridge Soup for three days, prawns are best cooked as needed, basil oil will last a week

Fuss rating ★ ★ ★ ★ ★

Watch out for Select very fresh green prawns and chill in an ice slurry until cooked

Trick of the trade Perfect presentation is essential so ensure there are no soup drips on the edge of the bowls

Perfect for Summer entree. For a light lunch add more prawns. For a vegetarian serve without prawns

METHOD

For the soup, finely chop onions, slice garlic, and peel and finely dice potatoes. Heat oil in a saucepan over low to medium heat then add onions, garlic and potatoes, and cook for 10 minutes or until onions are soft. Add cream and bring to the boil, then simmer gently for five minutes or until potatoes are tender. Meanwhile, cut the cucumbers in half; remove seeds by running a spoon down the centre (discard). Coarsely grate cucumber, including the skin,

over a colander and drain while the potatoes are cooking. Set half a cup of grated cucumber aside to garnish. Add the rest to the soup and cook for 15 minutes or until tender. Cool. Process the soup until almost smooth. Stir in chilli and, if needed, extra milk to thin. Season with sea salt. Refrigerate. For the prawns, remove the shells, de-vein and cut in half down the central vein line. Heat a pan with rice bran oil and butter. When sizzling add the prawns and cook for one to two

minutes, just until they turn pink. Remove and chill. For basil oil, pick the leaves and blanch in a saucepan of boiling water for one minute then drain, squeeze dry and process with oil until smooth. Pour in a jug and set aside for about 30 minutes: the oil will separate from the solids. When this has happened, strain and discard solids. To serve, use wide, shallow soup bowls. Ladle the soup into the bowl, sprinkle the grated cucumber over the top and place the prawns

in the centre. Top with two small spoonfuls of yoghurt and salmon roe. Drizzle basil oil around the prawns. Serves six.

DRINKS TO MATCH

Pewsey Vale Eden Valley, SA, riesling A refreshing and crisp riesling with pear blossom and citrus flavours.

Rau Marlborough sauvignon blanc Fresh and zesty with aromas of kiwifruit, citrus and guava.



VARIATION

You can replace the prawns with poached salmon

About 80g skinless salmon a person
620ml dry white wine
200ml white wine vinegar
110g brown sugar
2 dried bay leaf
24 black peppercorns

METHOD

To poach the salmon, place white wine, vinegar, sugar, bay leaf, peppercorns and 500ml of water in a small frying pan and bring to the boil; then turn off the heat. Season the salmon with sea salt and freshly ground black pepper and place it in the poaching liqueur and leave to cool for 40 minutes. The residual heat from the liqueur will cook the salmon to medium.

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