

## **Cold Cherry Soup**

Ingredients:

- 1/2 pound bing cherries, pitted and stemmed
- 1/2 cup dry white wine
- juice of 1/2 lemon
- 1 tablespoon creme fraiche or sour cream
- dash of salt
- honey to taste

Directions:

Blend and serve in chilled soup bowls. Top each with quenelle of lime sorbet and mint sprig.

Notes:

This soup can be served either as a cool first course on a hot day or as a final dessert by adjusting the ingredients, garnish and honey content. Try it with minced shallot, less honey and topping each soup with a pinch of pulled pork for a delicious appetizer. Double the honey and the sour cream contents, and top with coconut ice cream for a dessert soup.

OR

## **Cold Cherry Soup (no wine)**

Serves: 4

Preparation time:

Ingredients:

2 pounds fresh cherries

2 cups water

1/2 cup sugar

Juice of 1 lemon

1 cup creme fraiche, heavy cream, lightly whipped, or sour cream

Pit the cherries, reserving 18 cut in half for decorating the soup. You can pit cherries by cutting them along each side with a paring knife, but it's much more efficient to use a cherry pitter (they also work for olives).

In a mixing bowl, stir together the water and sugar until the sugar dissolves.

Puree the cherries in a food processor using some of the sugar/water mixture to get them moving or strain them through the fine disk of a food mill. Strain the pulp through a medium-mesh strainer.

Combine the sugar/water mixture, lemon juice, and kirsch, if you're using it, with the strained cherries. Taste the soup. If it's too tart, add 2 or 3 tablespoons sugar dissolved in 1/2 cup water. If it needs to be

tangier, add more lemon juice.

Serve in chilled bowls. Decorate with the reserved cherry halves and serve with the cream.