

Culinary inspiration of the month of August

Cold cucumber soup

Ingredients for 4 servings:

2 cucumbers
250 ml natural yoghurt
400 ml sour cream
Chives
A little pink peppercorns

A little chilli powder (optional)
Salt, pepper

Preparation time:
about 10 minutes



Preparation:

Peel and chop the cucumbers. Blend them with the yoghurt and add 10 tablespoons of water. Season with salt and, if desired, add a little chilli powder for extra flavour. Chill well. Mix the sour cream with the finely chopped chives, season with salt and pepper. Once the soup is sufficiently chilled, serve garnished with the sour cream mixture and a few pink peppercorns.

Enjoy your meal!
Sandra, Nicol and the ABC family
and BIOKistl South Tyrol