

A Light, Cold Yogurt Soup

Madhur Jaffrey's Quick & Easy Indian Cooking

A light, delightful cold soup for a warm summer day. And it needs no cooking! It can be made with low-fat yogurt, but you could just as easily use the creamier regular variety.

If you are in a hurry, you could chop up the tomato without peeling it, but it is preferable-and it does not take that much longer-to peel and seed it first. To do this, just toss a large tomato into boiling water for 15 seconds and then remove the skin. Cut the tomato in half, crosswise, and gently squeeze out all the seeds. Then dice the shell.

Make sure that the chicken stock comes straight out of the refrigerator. Strain it so that no particles of congealed fat fall into the soup.

Ingredients

- 2 ½ cups plain yogurt
- 4 cups chicken stock
- ½ teaspoon peeled and very finely grated fresh ginger
- ½ cup peeled and finely diced cucumber
- ½ cup peeled, seeded, and finely diced tomato
- ⅛ teaspoon cayenne pepper (to taste)
- 2 teaspoons finely chopped fresh mint or cilantro or a mixture of both
- Salt to taste
- Freshly ground black pepper

Instructions

1. Put the yogurt in a bowl.
2. Beat with a fork or whisk until smooth and creamy.
3. Slowly add the stock, mixing it as you do so.
4. Add all the remaining ingredients and mix.
5. Refrigerate until needed.
6. Stir well before serving.



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