

Chilly Dilly Yogurt Soup

4 medium cucumbers, peeled and cut into chunks

1 1/2 teaspoons salt

1 bunch fresh dill, tough ends removed, washed well and patted dry and cut up a bit- reserve some for garnish

1 -2 cloves garlic, OR 1 small piece (like a clove) of shallot, peeled

3 cups (800 ml) whole milk yogurt

2 tablespoons fresh squeezed lemon juice

3 tablespoons olive oil

Directions:

In the jug of a blender, place the cucumbers, salt, dill (best to chop a bit so it doesn't get caught in the blades), garlic or shallot, 2 cups of the yogurt (reserve one cup of the yogurt for the end), lemon juice and olive oil. Blend in bursts just till cucumbers are chopped fine but a bit of texture is left. While soup is still in the blender (but turned off) whisk the last cup of yogurt in by hand to add a bit of thickness to the soup. The texture is heavier than heavy cream with some cucumbery goodness going on. Amazingly refreshing.