

**Norfolk Farmers Market**  
**Cook the Market**  
July 19, 2019

**Chilled Summer Soups**  
**Featuring**

Market Veggies  
Olive Oil Factory Olive Oil  
Rustling Winds Farm  
Rolling Rock Salt and Pepper  
Barbourtown Sugar Farm

**Chilled Blueberry Soup with Basil and Lime**

Makes 1 quart

1 pint blueberries  
1 cup water  
1/2 cup sugar  
Juice of 1 lime  
1/2 cup chopped basil  
1 cup cold chamomile tea

Make a simple syrup by combining the sugar, 1 cup water and basil and heat until sugar has dissolved. Let basil steep for 30 minutes. Strain and return to heat with tea and bring to boil. Poach berries for 5 minutes. Let cool. Whiz in a blender with lime juice, strain and garnish with freshly chopped basil, a dollop of yogurt and freshly grated lime zest.

**Golden Beet Gazpacho**

1 bunch golden beets boiled, peeled and chopped  
1 pint cherry tomatoes halved or about 1 lb. of tomatoes, seeded and chopped  
1 clove garlic, crushed or grated  
1 shallot or 1/2 bunch of scallions chopped  
1 small red or yellow pepper, chopped  
1 small cucumbers, peeled, seeded, chopped  
2 -3 Tbsp Sherry Vinegar  
1/2 cup olive oil  
Salt and pepper

Add first 7 ingredients together in a blender with 1 cup water. When smooth, slowly add olive oil. Season with salt and pepper and strain into a container. Let chill for several hours for

flavors to develop. Garnish with extra chopped cucumbers, cherry tomatoes and fresh cilantro.

### **Zucchini Soup with Buttermilk and Tarragon**

2 medium size zucchini, thinly sliced, about 3 cups

1 small potato chopped

1 small onion

1 quart veggie stock

1 cup buttermilk

1/2 cup chopped parsley

2 Tbsp finely chopped tarragon

Salt and pepper

Olive oil

Cook the onion in olive oil until soft. Add potato, zucchini and stock. Cook until veggie are tender, about 10 - 15 mins. Cool completely. Puree in a blender with tarragon and parsley. Season with salt and pepper. Garnish with sour cream and more chopped parsley.