



Chilled Naturally Sweet Summer Fruit Soup

1/2 Tablespoon minced fresh ginger
1-1/2 cups chopped strawberries, divided
1 cup chopped pineapple, divided
2/3 cup chopped mango, divided
1/2 teaspoon grated lemon peel
1 teaspoon grated orange peel
1/2 teaspoon grated lime peel
2 cups water
1/2 to 3/4 cups granulated sugar
2 Tablespoons fresh orange juice
1 Tablespoon fresh lemon juice
1 Tablespoon fresh lime juice
1/2 vanilla bean, split
1/2 cup blueberries
Garnish: Mint leaves as desired

Directions

Sauté the ginger in ungreased medium saucepan over medium-high heat until fragrant, about 2 minutes

Add 1 cup chopped strawberries, 1/2 cup chopped pineapple, 1/3 cup mango and the grated lemon, orange, and lime peels. Cook for another 2 minutes.

Add water, sugar, fruit juices and scrape in vanilla bean seeds and add vanilla pod into juices; bring to a boil, stirring occasionally. Reduce heat to simmer for 5 minutes; remove from the heat. Allow mixture to cool. Remove vanilla bean pod; transfer in batches to a blender or food processor. Puree and strain into a large bowl.

Stir in remaining 1/2 cup strawberries, 1/2 cup pineapple, 1/3 cup mango and blueberries. Stir to combine. Cover and refrigerate until well chilled.

Serve for dessert or first course; garnish with mint leaves as desired.

Serves: 4 to 6

Cook's Note: I added the mango pit and vanilla bean to cook and cool in the liquid for extra flavor and removed them before placing in blender. This was not part of the original recipe but I love the added flavor.

Recipe Inspired by: Christopher Tong, owner and executive chef for My Private Chef in Chicago, has been creating distinctive contemporary continental and French cuisine for more than 25 years. He has been named one of Chicago's top 100 chefs and received the 2000 Gold Medal Award from the American Tasting Institute.

<http://www.chicagobotanic.org/chef/chefrecipes/christong>

About the Recipe: This luscious summer fruit soup swirls together naturally sweet strawberries, mango, pineapple, and blueberries flavored with orange, lemon, lime and pureed fruit juices. Serve it chilled for a cool treat for those humid summer days as a first course or dessert. It is a wonderful way to captures the flavor of the summer season.