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Gaspacho de concombres écrasés

Portions: 4 to 6

Preparation: 20 minutes (2h rest)

Cooking time: 15 minutes

 6



Ingredients

3 english cucumbers, peeled and seeded
1 tablespoon (20 ml) toasted sesame oil, divided
4 tablespoons (60 ml) extra-virgin olive oil, divided
1 teaspoon (5 ml) salt
1 cup (250 ml) Greek yogurt 5% + 4 tablespoons (60 ml) for garnish
½ cup (120 ml) fresh coriander leaves + some leaves plus for garnish
½ cup (120 ml) cracked dry bread
1 tablespoon (15 ml) black sesame seeds
½ teaspoon (3 ml) korean chili
Sea salt, to taste
2 Lebanese cucumbers, smashed*

*Slice cucumbers lengthwise, place cut side down on a cutting board and smash with a rolling pin.

Steps

1. In a blender, stir together the cucumbers, 1 teaspoon (5 ml) toasted sesame oil, 2 tablespoons of olive oil, salt, yogurt and coriander, until smooth and homogeneous.
2. Transfer to a container and refrigerate at least 2 hours.
3. In a non-stick pan, toast over low heat bread, sesame seed and korean chili with the remaining oils. When bread is crispy, remove from heat and salt. Set aside.
4. Before serving, make sure the soup is well blended. Garnish each bowl with squashed cucumber, a spoonful of yogurt, some toasted bread with coriander leaves and sesame oil, if desired.