

Chilled Cucumber Soup With Avocado Toast

By Melissa Clark

Total Time 15 minutes

Rating ★★★★★ (1,660)



Evan Sung for The New York Times

A chilled cucumber soup, whirled together in the blender to serve as an instant dinner, is one of the quiet rewards of midsummer. The trick to making it hearty enough is to not stint on the seasonings, especially when something as mild as cucumber is the main ingredient. Garlic, plenty of herbs, jalapeño and anchovy add plenty of flavor, while buttermilk contributes a creamy, light texture. You could serve this with nothing more than some crusty or toasted bread on the side and be satisfied, but a topping of soft avocado dressed with a little lemon juice and feta cheese fills out the meal nicely. And the muted green colors of avocado toast and cucumber soup look as cooling as they taste.

INGREDIENTS

Yield: 2 to 4 servings

1 pound cucumbers, peeled, halved lengthwise and seeded
2 cups buttermilk (or use 1½ cups plain yogurt plus ¼ cup water)
1 large garlic clove, peeled and smashed
2 anchovy fillets (optional)
2 small whole scallions, trimmed
½ jalapeño, seeded, deveined and chopped
½ cup packed mixed fresh herbs (like mint, parsley, dill, tarragon, basil and cilantro)
½ teaspoon sherry or white wine vinegar, more to taste

PREPARATION

Step 1

In the bowl of a blender or food processor, combine cucumber, buttermilk, garlic, anchovy, scallions, jalapeño, fresh herbs, sherry vinegar and salt. Blend until smooth and adjust seasoning as needed.

Step 2

Smash avocado slices on the toasted bread. Sprinkle with crumbled feta, squeeze the juice of the lemon half over the top and finish each with a drizzle of olive oil and some pepper. Transfer to a plate and set aside.

Step 3

Distribute soup between 4 bowls and garnish with raw corn kernels and a drizzle of olive oil. Serve avocado toast on the side.

$\frac{3}{4}$ teaspoon kosher sea salt, plus more to taste

4 slices baguette or other bread, toasted

1 avocado, pitted, peeled and thinly sliced

$\frac{1}{2}$ lemon

2 tablespoons crumbled feta cheese

Extra-virgin olive oil, for serving

Freshly ground black pepper

1 ear of corn, shucked, kernels sliced off

Fresh dill, for serving