



Warm Cucumber Soup with Scallop and Sole Mousselines

 Gluten Free

READY IN



720 min.

SERVINGS



10

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots chopped
- ☐ 3 large cucumber seedless quartered (usually plastic-wrapped; 3 pounds total)
- ☐ 10 servings optional: dill smoked fresh black thinly sliced (cod)
- ☐ 1 large garlic clove chopped
- ☐ 1 medium onion chopped
- ☐ 0.3 pound baking potatoes (baking)

- ☐ 1.5 teaspoons salt
- ☐ 10 servings sole
- ☐ 1 sprig thyme sprigs fresh (3-inch)
- ☐ 1 bay leaves
- ☐ 2 tablespoons butter unsalted
- ☐ 4 cups water

Equipment

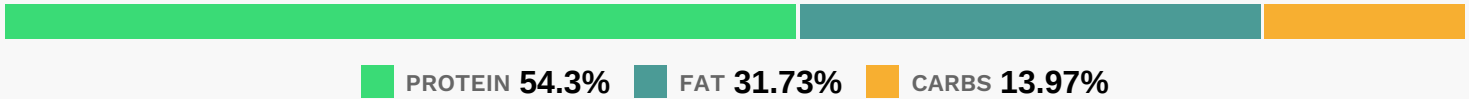
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ stove
- ☐ microwave
- ☐ colander

Directions

- ☐ Cook cucumbers in a 4- to 5-quart pot of boiling salted water, uncovered, just until water returns to a boil, about 1 minute, then immediately drain in a colander and transfer to a bowl of ice and cold water to stop cooking.
- ☐ Drain cucumbers well, then purée in 2 batches in a blender until as smooth as possible, about 1 minute, transferring to a bowl.
- ☐ Peel potato and cut into 1/2-inch cubes. Cook onion, carrot, celery, garlic, bay leaf, and thyme in butter in a 2-quart heavy saucepan over moderate heat, stirring occasionally, until vegetables are softened, about 3 minutes.
- ☐ Add potato, 4 cups water, pepper, and 1/2 teaspoon salt and simmer, partially covered, until potato is very tender, about 15 minutes. Discard bay leaf and thyme.
- ☐ Purée mixture in batches in blender until very smooth, about 1 minute (use caution when blending hot liquids), transferring to a large bowl. Chill, uncovered, until completely cool, about 30 minutes.

- ☐
- Stir cucumber purée into potato purée and force soup through a fine-mesh sieve into a large bowl, pressing hard on and then discarding solids.
- ☐
- Stir remaining teaspoon salt into soup, then reheat in a bowl in a microwave or in a saucepan on stovetop over low heat (microwaving is best because it preserves the soup's bright green color). Put 1 mousseline in each of 10 shallow soup bowls and pour warm soup around each.
- ☐
- Soup can be made 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:14.138695665028%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 165.89kcal (8.29%), Fat: 5.73g (8.81%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2g (2.23%), Cholesterol: 82.52mg (27.51%), Sodium: 498.8mg (21.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.11%), Selenium: 45.49µg (64.98%), Phosphorus: 459.1mg (45.91%), Vitamin B12: 1.93µg (32.1%), Vitamin D: 4.8µg (32.01%), Vitamin A: 1269.46IU (25.39%), Vitamin B6: 0.28mg (13.76%), Potassium: 474.08mg (13.55%), Magnesium: 46.56mg (11.64%), Vitamin B3: 2mg (10%), Vitamin E: 1.21mg (8.05%), Vitamin K: 7.59µg (7.23%), Manganese: 0.14mg (7.12%), Copper: 0.13mg (6.45%), Folate: 25.47µg (6.37%), Vitamin C: 4.87mg (5.9%), Vitamin B5: 0.59mg (5.88%), Calcium: 58.76mg (5.88%), Vitamin B1: 0.08mg (5.53%), Zinc: 0.77mg (5.16%), Fiber: 1.14g (4.56%), Vitamin B2: 0.07mg (3.98%), Iron: 0.67mg (3.74%)