

COLD AVOCADO-LIME SOUP WITH CRAB

SOURCE: FOOD & WINE October 2001

INGREDIENTS:

2 lb ripe (Hass) avocados, peeled & but into chunks
3 C cold chicken stock or canned low-sodium broth
1 C cold milk
3 TBS fresh Lime juice
Salt & freshly ground black pepper
1 large red bell pepper, thinly sliced
1/4 lb jumbo lump crabmeat, picked over
2 TBS coarsely chopped cilantro
Pinch cayenne pepper

DIRECTIONS:

In blender or food processor, pureé avocados with stock till smooth - add milk & lime juice - pureé till blended. Season with salt & pepper - ladle soup into large bowls, garnish with crab meat, cilantro & cayenne - serve.

Soup can be refrigerated for 4 hours before serving.

Wine: This thick, rich & silky soup- calls for an equally creamy-textured big Chardonnay.

Serves: 4