



Refreshing Respite: Cold Soups

When out on a meal and a soup on the menu beckons, it would most certainly be a warm bowl of sweet corn soup, say. However, we revive the dying breed of cold soups such as a *gazpacho* with exclusive recipes for you to try at home

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The temperatures may have cooled down post the summer heat yet there is no time frame really, for a refreshing cold soup. Both hydrating and filling, cold soups are perfect for a parched throat and a hungry belly. From the classic *Vichyssoise* to the *Watermelon and Paprika Gazpacho*, we got Chef Dhaval Ajmera, Senior Sous Chef of ITC Grand Central to rustle up some delicious cold soups especially for you.

“If you present a cold soup in a glass, it’s easy to confuse one for a mocktail. However, the difference is that a good

cold soup is hearty and thick with a creamy mouth-feel, not runny like a mocktail,” starts Chef Dhaval, who’s prepared the soups from locally-sourced ingredients giving him a bigger canvas to cook with ingredients that are seasonal and fresh. An ITC initiative we very much welcome.

“Cold soups are a dying breed. Finding one that is served in a 5-star restaurant is nearly impossible. You could say the reason is that either there is no demand for the same or we as chefs are not taking the steps to put them on

the menu,” confesses the chef who loves cooking dishes with avocado in it.

Maybe that is also the reason why the single-seeded fruit finds its place in the *Walnut and Avocado Soup* prepared by him. But we are assured that favouritism has nothing to do with using the fruit in this soup. Avocados are nature’s own moisturisers, rich in healthy fatty acids and easily digestible. Pair them with some spring onions and walnuts and they make a tasty meal. Much like the *Vichyssoise* that is creamy, light, made with leeks, onions and potatoes and is

