

RECIPE



Chilled Plum Soup

Ingredients

1 ¼ cups plus ¼ cup sugar	Juice of 1 lime (about 2 Tablespoons)
1 teaspoon ground cardamom	6 - 8 ripe pitted plums, chopped
½ teaspoon ground anise	¾ cup plain yogurt, preferably Greek yogurt (low-fat if desired)
Zest of 1 lime (about 1 Tablespoon)	A few sprigs of fresh cilantro, leaves removed

Whisk together 1 ¼ cups sugar, cardamom, anise, and lime zest in a medium bowl. Add lime juice and plums; mix well to combine. Set aside for around 20 minutes for flavors to blend. In a saucepan over medium-high heat, cook plum mixture and 1 cup water, uncovered, until plums are soft, a little under 20 minutes. Remove from heat and let cool slightly. Transfer soup to a blender (or use an immersion blender) and puree until smooth. Cover and refrigerate for at least 1 hour. Stir together remaining ¼ cup sugar, yogurt, and 1 tablespoon of freshly chopped, cilantro leaves. Serve the chilled soup in individual bowls with a dollop of yogurt on top. Serves 4–6.