Recipe *Creamy Cucumber Soup w Laurentide SauvignonBlanc*

Ingredients

- 1 T olive or grapeseed oil
- 2 cloves garlic
- 1 small onion
- 1/4 c Laurentide S Blanc
- 4 c cucumbers
- 1 1/2 c vegetable broth
- 1/2 t salt
- 1/4 t peppercorns
- pinch red pepper flakes
- 1 avocado
- 1/4 c flat leaf fresh parsley
- 1/2 c yogurt

Directions

1. Heat oil in saucepan on high. Saute chopped onion until soft ~5 minutes. Add chopped garlic, stir and saute for ~1 minute. Add Laurentide Sauvignon Blanc and reduce 2 minutes.
2. Peel and rough chop cucumbers. Seed if desired. Leave peels if organic and unwaxed. Add 1 c cucumbers, broth and spices. Simmer ~10 minutes.
3. Remove from heat and cool slightly before blending. Add the rest of the cucumbers, avocado, parsley and hot soup to blender. Puree with caution!
4. Transfer to serving bowl if serving warm and stir in yogurt. If serving chilled, stir in yogurt and refrigerate several hours at minimum or overnight.
5. Stir chilled soup thoroughly. Serve with grated parmesan cheese and baguette slice if desired. Optional: shipped chives, roasted slivered almonds. Pair with Laurentide Sauvignon Blanc!

Cheers from Laurentide Winery
Serves 4 or more

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