

Memories from the past, and perfect summer soup

By Jerry Marlowe

Hello to all you ravenous readers of my ongoing efforts to create something edible and delicious.

I did have the distinct pleasure and good fortune of growing up in a Welsh and English environment. Grandma Sarah Stratton and Uncle Johnny arrived by boat from Cardiff Wales turn of the century. Grandpa Humphrey Stratton, fortunately, came from England at the same time. They all settled in Sherrodsville and coal mines were the meal ticket for most of the inhabitants.

Fortunately they met and married. Uncle Johnny moved in with them so they had two incomes to help with finances. Sara was an incredible cook. Much later on I became her Sous Chef that I will try to explain in a bit.

As their family grew,

there were eventually 14 famished people every Sunday. My mom and dad had the new drug-store they started in Dover, so I was transplanted to Humphrey and Sara's home now in New Philadelphia every weekend. To keep me occupied for two days every week, I was Sara Stratton's helper. She was strict but kind ... her way or the highway I guess. So I had memorable training. Grandma stuck to old country food so this recipe I am sharing may seem a little out of context for the Welsh cuisine but I just love the flavors and hopefully you will too.

Avocado soup chilled enhanced with fresh ginger and lime juice

You will need: ¼ cup butter, 1 cup chopped shallots or good onion, 1 tbs grated fresh ginger, contents of 2 large ripe

avocados, peeled and mashed (I use my mortar and pestle from the pharmacy but you can go with a bowl of course). OK now, 4 tsp fresh lime juice, 1 ½ cups of chicken stock, ½ tsp pepper black or white is nice. Add 1 green onion finely chopped, ½ cup heavy cream. You will need some salt and freshly grated pepper plus a dash of cayenne if available. To really finish your presentation off nice you will need ¼ cup sour cream, 2 tsp of fresh lime juice, ½ tsp minced garlic, ¼ teaspoonful salt. That will be added in a dollop at the serving time.

Now for the directions:
Melt the butter in pan and cook the shallots or onions for 3 or 4 minutes just till softened. Add the ginger and cook for 2 more minutes. Now add the avocados, lime juice

and chicken stock and stir to combine. Simmer the soup over a medium-low heat for about 5 minutes. Next, add the green onion and place the soup into a blender and puree in batches if needed until it very smooth. OK, we are almost home. Stir in the heavy cream and the salt and pepper to taste. Now chill the soup before you serve it. To really top it off here is the final touch. Gather ¼ cup of sour cream, 2 tsp fresh lime juice, ½ tsp freshly minced garlic and a little salt. Mix it together in a bowl. Now when the soup is chilled nicely you will garnish each serving with a dollop of that sour cream mixture on top.

Please expect rave reviews from your eagerly-awaiting group of guests.