

BLUEBERRY SOUP (Milchig) *pictured above*

2 lbs. blueberries (fresh is best,
but frozen will work) 5 Tsp. granulated sugar
1½ teaspoon fresh rosemary,
finely minced ¼ teaspoon salt
5 cups water 1/3 cup sour cream

Place everything except the sour cream into a pot. Cover and bring to a boil over high heat. Reduce heat and simmer for 3-5 minutes, until blueberries are soft and have started to split. Puree in 3 batches then pour through a fine mesh strainer, using a wooden spoon to work as much liquid and flesh through, while leaving the skin and rosemary behind. Refrigerate at least four hours until well chilled. Top each bowl of soup with a dollop of sour cream. 114 calories per serving. Serves 8.