

SUMMER SOUPS

Corn Soup

¼ onion, minced (optional)
½ teaspoon ginger, grated
1 teaspoon sesame oil (optional)
1 3-inch piece of kombu
Kernels from 6 ears of corn
6 cups of water
1 teaspoon sea salt
½ cup oatmeal pureed in ½ cup water
2 tablespoons tahini
2 tablespoons croutons

- Saute onion and ginger for 5 minutes.
- Add kombu, corn, water, and salt.
- Bring to scald. Reduce heat. Simmer 20 minutes.
- Add oat mixture and salt. Simmer 15 minutes more.
- Add tahini at end of cooking.
- Remove kombu.
- Garnish with croutons.
- Serves 6.

Chilled Cucumber Soup

4 cups cucumber, chopped
2 cups water or broth
1 cup oatmeal yogurt*
1 clove garlic (optional)
Several fresh mint leaves

½ teaspoon sea salt
¼ teaspoon dill weed

- Puree everything in the blender.
- Serve chilled.
- Serves 4-6

*Oat yogurt

1 cup rolled oats or whole oats, coarsely ground
1 cup water or rejuvelac
½ teaspoon unpasteurized soy sauce or miso (when not using rejuvelac)

- Blend oats at high speed. Slowly pour in the rejuvelac or water and

soy sauce or miso and blend until creamy.

- Add some previously made oat yogurt to speed fermentation
- Set in warm place and cover. Do not seal.
- Let ferment 6-10 hours to desired sourness. Then refrigerate.

Jade Green Soup

½ cup tofu, diced
2 cups leafy greens, chopped
¼ teaspoon sea salt
½ teaspoon oil (optional)
3 cups broth
½ tablespoon kuzu dissolved in 2 tablespoons water

- Add greens. Saute 2 minutes.
- Add broth and simmer until greens are bright-coloured.
- Add kuzu mixture and simmer until thickened.
- Serves 3-4.

- Saute or steam tofu 5 minutes. Add salt.