

Cantaloupe Melon Gazpacho

This lovely recipe is from *On the Boat chapter* in my book Time & Tide and the recipe that I demonstrated at Rock Oyster Festival. Colour, colour, colour a beautiful soup or gentle curry for the warmer days of the year.

Ingredients

2 tablespoon olive oil
4 shallots, chopped
1kg ripe, cantaloupe melon, skinned and chopped
8 sticks lemon grass, tough outer leaves removed and thinly sliced
1 green chilli, finely sliced
1 tablespoon of chopped fresh ginger
1 onion, finely chopped
4 kefir lime leaves
1 tin coconut milk
3 limes, zest and juice (plus extra for serving)
1 small bunch of coriander, chopped
1 small bunch of mint, leaves only chopped
Cornish sea salt
Garnish - herbs, edible flowers, extra lime juice, olive oil

Serves 4

Method

Halve the melons, scoop out the seeds. Chop the flesh into chunks. Heat 1 tablespoon of olive oil in a saucepan over a medium heat add the shallots, lemon grass, chilli, and ginger and a pinch of salt. Sauté stirring until the onion is translucent as gently as possible as you do not want any colour. Add the lime leaves and melon and season once again with a little salt. Reduce the heat to very low and simmer very gently, stirring occasionally until the melon has completely fallen apart, approximately 20 minutes.

Remove from the heat and stir in the coconut milk and lime zest and juice. Once cool, remove the lime leaves and blend in a food processor until smooth. Pass through a sieve for a really smooth texture. Taste and season with salt and pepper and lime juice if needed. Refrigerate until chilled. Serve in bowls or mugs with the reserved melon pieces, chopped herbs, drizzle of olive oil and extra lime wedges.

Cook's note - Cantaloupe melon is essential to get the bright orange colour. Keep 8 small pieces of melon back for garnish if serving in bowls. Kefir lime leaves keeps well in the freezer.