



This recipe is not mine. It's from a recipe book called **Appetizers, Finger Food, Buffets and Parties** by **Bridget Jones**. Yes, there is a real Bridget Jones and she has some surprisingly nice recipes. I got this recipe book at work some years ago from you know the book people (this may be the company's actual name) who go around with a set of books you can buy. Well I leafed through this book and on the basis of the pictures I got it. One of the photos that really appealed to me was the one for Iced Melon Soup with Melon and Mint Sorbet.

It was one of these books that I had no real intention of using as a real recipe book because I felt the recipes were probably a little too complicated or fussy for me. I got it because I liked the look of the food in the book. After making this though I'm going to try a lot more recipes in the book. I love this. I love melon and this is like a celebration of melon. It's sweet enough that you could serve it as a dessert but really it's a gorgeously sweet and refreshing starter. Also, while the title sounds quite complicated it's really just blending some melon with a couple of other things, freezing some of it and chilling the other bit.



I feel the need to admit that going forward on twimii I'm going to be making other people's recipes. I myself have found it annoying to discover - damnit! - I haven't noted down the incorrect quantities (or sometimes even ingredients) in some of my recipes. So easy way out, I'm using other people's recipes for a while. Hope this okay. I will of course state the original source of the recipe.

I was making this for four so I used slightly different quantities to the original recipe. First I'll give the original ingredients and then mine. In the original Bridget Jones suggests using a combination of Charentais and Ogen melon or Cantaloupe and Piel de Sapo. I used Canary melon for the sorbet and a combination of honeydew and cantaloupe for the soup.

Iced Melon Soup with Melon and Mint Sorbet

Serves 6 - 8

- 2.25kg/5lb very ripe melon
- 45ml/3 tbsp orange juice
- 30ml/2 tbsp lemon juice
- fresh mint leaves, to garnish

For the melon and mint sorbet

- 25gr/2 tbsp sugar
- 120ml/4fl oz/½ cup water
- 2.25kg/5lb very ripe melon
- juice of 2 limes
- 30ml/2 tbsp chopped fresh mint



The Way I make Iced Melon Soup with Melon and Mint Sorbet

Serves 4

- 1 very ripe honeydew melon
- 1 very ripe cantaloupe melon
- 1 squeeze of fresh orange juice
- 1 small squeeze of fresh lemon juice

For the melon and mint sorbet

- 1 heaped tbsp caster sugar
- 60ml water
- 1 very ripe canary melon
- juice of 1 lime
- 1 tbsp chopped fresh mint

1. Add the water and sugar to a small saucepan, stir the sugar into the water until it has dissolved, bring to the boil, reduce heat and simmer for a couple of minutes until it has thickened into a syrup. Remove from the heat and allow to cool.

2. Halve the canary melon, remove the seeds and scoop out the flesh into a blender. Add in the cooled syrup, lime juice and mint and blend it altogether.

3. If you have an icecream maker you can use this to make the sorbet. Otherwise place in a plastic tub in the freezer, freeze until icy at the edges, reprocess the mixture in the blender and repeat this until you have a sorbet.

4. 45 minutes before serving halve the honeydew and cantaloupe melons, remove their seeds, scoop out the flesh and add it to the blend. Add a good squeeze of orange juice and a small squeeze of lemon juice. Blend until smooth. In the pictures in the book the soup looks very velvety I was unable to get the soup this smooth. In fact to get it as smooth as I got it I first blended it. It looked quite lumpy so I tried pushing it through a metal sieve, into a bowl, I was left with quite a lot of liquid in the bowl and a sieve full of thick melon. I then processed this flesh until it was as smooth as I could get it, added back in the liquid and blended it once again. And as you can see from the photo above it still was not exactly velvety. However it did taste fine and the texture was actually smooth enough. Chill the mixture for 30 minutes in the fridge.

5. You will have enough "soup" to add 2 soup ladles into 4 bowls and enough of the sorbet to add 4 scoops of sorbets into each bowl.