

July 8, 2015

## **A light, flavourful summer meal: Recipes for chilled mango soup, easy barbecued chicken**

Ah, these gloriously long, hot summer nights! There's nothing like having an extra hour or three of daylight for entertaining. For that, there's nothing like a light, flavourful summer meal, and naturally, it involves grilling.

Start with a classic taste of the tropics with this Chilled Mango Soup. The sweet, aromatic fruit is blended with creamy yogurt, ginger and cilantro, evocative of an Indian lassi. It can be made overnight so you can have something to start with while the chicken is on the grill.

Easy Barbecue Chicken is made with chicken thighs, long considered an economy cut but is gaining popularity among foodies because of their moisture and flavour. The accompanying sauce has a bit of a heat to it, balanced out by the bitter/sweetness of orange marmalade.

Then you can kick back with a cool glass of Glacial Refresher, an infusion of cucumbers, cranberries, citrus and ginger. Infusions are a trendy and tasty way to stay hydrated with just a hint of flavour. You can buy infuser jugs especially for this purpose or simply layer the ingredients with ice.

### **CHILLED MANGO SOUP**

3 large ripe mangoes  
1 orange  
1/2 tsp (2 mL) grated fresh ginger  
1 cup (250 mL) yogurt  
2 cups (500 mL) homo milk  
1/2 tsp (2 mL) salt  
2 tsp (10 mL) balsamic vinegar  
1 tbsp (15 mL) chopped fresh cilantro  
Yogurt  
Fresh cilantro leaves

Peel mangoes and remove fruit from pits. Place fruit in a food processor. Grate 1/4 tsp (1 mL) peel from orange. Squeeze juice from orange. Add peel, juice and ginger to food processor and puree until smooth. Transfer to a bowl. Stir in next 5 ingredients (yogurt to chopped cilantro). Cover and chill for at least 4 hours



or overnight. Serve soup in cups garnished with dollops of yogurt and cilantro leaves. If soup becomes too thick, thin to desired consistency with additional milk. Serves 8.

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## EASY BARBECUED CHICKEN

1/2 cup (125 mL) tomato-based chili sauce  
1/4 cup (50 mL) orange marmalade  
1 tbsp (15 mL) white wine vinegar  
1/2 tsp (2 mL) celery salt  
1/2 tsp (2 mL) chili powder  
1/2 tsp (2 mL) hot pepper sauce  
8 - 12 skinless chicken thighs

To prepare sauce, combine all ingredients except chicken in a blender. Puree until smooth. Grill chicken over low heat on natural gas barbecue for 40 - 45 minutes or until chicken is cooked through. Baste with sauce during last 10 - 15 minutes of cooking. Serves 4 - 6.

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## GLACIAL REFRESHER

This trendy flavoured water is a refreshing change from ordinary water.

1/2 English cucumber  
5 cups (1.25 L) ice cubes  
10 fresh or frozen cranberries, halved  
4 thin lemon slices  
4 thin orange slices  
4 thin slices peeled fresh ginger  
4 sprigs fresh parsley  
5 cups (1.25 L) cold water

Cut 4 thin slices lengthwise from cucumber half; reserve remaining cucumber for another use. Place a layer of ice cubes in bottom of a large clear glass pitcher. Add cucumber with next 5 ingredients (cranberries through parsley). Top with remaining ice cubes. Pour cold water over top. Refrigerate for 1 hour. Pour water into glasses. Additional water may be added to pitcher as required. Serves 8.