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Spinach Cold Soup

Introduction

Chłodnik szpinakowy, or spinach cold soup, is a refreshing and nutritious dish perfect for

warm days. This vibrant green soup is not only visually appealing but also packed with vitamins and minerals, making it an excellent choice for a light meal or appetizer. The combination of spinach, yogurt, and various herbs creates a delicious and revitalizing flavor that is sure to impress your family and friends.

Detailed Ingredients with measures

Fresh spinach - 200g
Greek yogurt - 300g
Cucumber - 1 medium-sized
Garlic - 1 clove
Fresh dill - 1 bunch
Vegetable broth - 500ml
Salt - to taste
Pepper - to taste
Lemon juice - 1 tablespoon

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 5 minutes
Total Time: 20 minutes
Yield: 4 servings



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Detailed Directions and Instructions

Step 1: Prepare the Spinach

Wash the fresh spinach thoroughly in cold water to remove any dirt or impurities. Drain the spinach and remove any tough stems.

Step 2: Blanch the Spinach

Bring a pot of salted water to a boil. Add the spinach and blanch for about 1-2 minutes until wilted. Immediately transfer the spinach to an ice bath to stop the cooking process. Once cooled, drain again and squeeze out excess water.

Step 3: Blend the Ingredients

In a blender, combine the blanched spinach, yogurt, sour cream, garlic, lemon juice, and a pinch of salt. Blend until smooth and creamy. Adjust the consistency by adding cold water if necessary.

Step 4: Season the Chilled Soup

Taste the spinach mixture and adjust the seasoning with salt and pepper as preferred. For added flavor, you may include a dash of vinegar or more lemon juice.

Step 5: Chill the Soup

Transfer the mixture to a bowl and refrigerate for at least 1 hour to allow the flavors to meld and the soup to chill thoroughly.

Step 6: Serve

Ladle the chilled spinach soup into serving bowls. Garnish with diced radishes, cucumber, or additional herbs if desired. Serve immediately for the best flavor.

Notes

Serving Suggestions

This chilled spinach soup pairs well with crusty bread or as a light starter before a heavier meal.

Storage

Store any leftovers in an airtight container in the refrigerator for up to 2 days. The soup may become thicker over time; add water to adjust the consistency before serving.

Variations

For a different flavor profile, consider adding ingredients such as avocado, buttermilk, or different herbs like dill or parsley to the soup base.

Dietary Considerations

This recipe is vegetarian and can be made gluten-free by ensuring all other ingredients used are free from gluten.



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Cook techniques

Click next page below