

# Chilled Cucumber Soup

2 cucumber, deseeded and peeled (leave half the skin on one for a little colour)

2 cups chicken stock - 1/2 onion, chopped

1 cup natural yogurt, plus extra to serve

1/2 cup fresh white breadcrumbs or 2 slices of white bread

1 tablespoon Iguana XXX Habanero Pepper Sauce

Salt and White Pepper to taste

Dash of dry sherry

Serve fresh mint leaves, to garnish

Blend all the ingredients in food processor until it has the consistency of a gazpacho (creamy chunk). Chill the soup in the freezer for about 30 minutes, so that it is almost icy when served, while you chill yourself with a cold Red Stripe and some Bob Marley CD's. Add the sherry. You can top with a swirl of yogurt and a mint leaf.

Yield: 4 servings    Heat Level: Mild