



### **CHILLED AVOCADO-BUTTERMILK SOUP WITH CRAB SALAD NACHO**

Featured on September 16, 2017 for “The New Southern-Latino Table” demo with Sandra Gutierrez

*From the author: “Chileans serve palta reina, an avocado filled with creamy salad (most often chicken or seafood), as a first course, and I couldn’t resist transforming this combination of ingredients into an enticing soup that is as easy to make as it is impressive to serve. For a stunning presentation, serve this soup well chilled in glasses”*

### **CHILLED AVOCADO-BUTTERMILK SOUP WITH CRAB SALAD NACHO**

Serves 4-6

From *The New Southern-Latino Table: Recipes That Bring Together the Bold and Beloved Flavors of Latin America and the American South* by Sandra Gutierrez

#### **Ingredients**

*For the soup:*

- 2 Hass avocados
- 2 cups chicken broth
- 1 cup buttermilk
- $\frac{3}{4}$  cup dry sherry
- $\frac{1}{4}$  cup minced onion
- 1 garlic clove, minced
- Salt and freshly ground black pepper, to taste
- 1  $\frac{1}{2}$  tablespoons lime juice, or to taste

*For the crab salad:*

- 1 cup crabmeat (claw meat only), picked for shell fragments
- $\frac{1}{4}$  cup mayonnaise
- 1 teaspoon lime juice
- 1 tablespoon minced white onion
- 2 tablespoons flat-leaf parsley (leaves and tender stems)
- Pinch cayenne pepper
- Salt and freshly ground black pepper, to taste

*For the nachos:*

- 8 corn tortillas, quartered
- $\frac{1}{2}$  cup vegetable oil

#### **Directions**

Halve and pit the avocados; scoop out the flesh with a spoon into a blender. Add the chicken broth, buttermilk, sherry, onions, and garlic; blend until smooth. Transfer the avocado soup to a nonreactive bowl. Season with salt, pepper, and lime juice; cover well with plastic wrap. Chill for at least one hour (or up to 6 hours).

Make the crab salad: in a medium bowl, combine the crabmeat, mayonnaise, lime juice, onions, and parsley, being careful not to break up the crabmeat; add the cayenne and season with salt and pepper. Chill the salad until ready to serve.

Fry the tortilla chips: fit a baking sheet with a metal cooling rack. In a medium skillet, heat the oil over medium-high heat to 360°F. Working in batches, carefully add the tortilla pieces to the oil. Fry them, turning halfway through, until golden and crispy on both sides (2-3 minutes). Using a slotted spoon, transfer the fried chips to the prepared cooling rack; sprinkle with salt.

To plate: ladle the soup into chilled bowls. Top each tortilla chip with crab salad and float one in every soup bowl; serve the rest on a platter. Serve immediately.



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