

## Tuscan Melon Soup

Servings: 5

Difficulty: Easy

### Soup Ingredients:

1 Tuscan melon  
2 limes, zest & juice  
1.5 inch knob ginger, grated  
2 Tbsp honey  
2 Tbsp natural sugar  
1 Tbsp coconut milk  
Pinch of salt

### Garnish Options:

Toasted coconut flakes  
Micro basil  
Melon pieces  
Avocado glacé  
Toasted almonds or pistachios

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### Prepare Citrus Broth

Zest and juice two limes into small bowl. Grate knob of ginger into lime zest mixture. Add honey and sugar - stir until fully incorporated with no remaining sugar crystals. Taste and adjust to your liking (e.i. more honey/sugar for a sweeter taste, more lime juice or ginger for an acidic note). Tailor to your liking!

### Prepare Melon

Cut melon in half. Scoop out seeds and any fiber strands surrounding the seeds. Slice into wedges (approximately 4 wedges per melon half). Remove melon rind by holding melon wedge in your hand and sliding a pairing knife between the rind and melon flesh. Slice wedges into 1 - 2 inch pieces.

### Method for Tuscan Melon Soup

In a blender, add prepped melon pieces and 3/4 of citrus broth (reserve remaining 1/4 for final adjustments). Blend on low speed to break up melon (about 30 seconds). Gradually increase speed to highest setting, until fully blended. Taste. Add remaining citrus broth for an additional pop of acidity, if desired. Add a pinch of salt and coconut milk. Blend on high speed until fully incorporated (about 10 seconds). Transfer to a closed container and refrigerate overnight (this will develop a deeper melon flavor profile and soften the rawness of the melon). Very important step!!

### Plating

Remove soup from fridge and mix with a hand whisk for 30 seconds, until blended. Portion about 4 ounces into a small soup bowl or attractive dish. Garnish with suggested options or your own inspirations. Serve immediately, chilled.