

G R E A T C H E F S O F B O S T O N

The Elephant Walk's Chilled Avocado Citrus Soup



Executive chef Nadsa De Monteiro



Chilled Avocado Citrus Soup

by Clint Hamblin

The Elephant Walk is located at 900 Beacon Street within the Fenway neighborhood of Boston and serves complete menus of both Cambodian and French cuisine, including traditional and original dishes created by mother-daughter chefs Longteine and Nadsa de Monteiro. The restaurant decor is elegant and spacious, showcasing an intriguing display of multi-shaped elephants from around the world. The cuisine is brilliant in color, marvelous to look at and deliciously playful to eat, but don't be surprised if you frequently find yourself wondering what unique combination of ingredients you're enjoying.

Lajla (pronounced Lila), our eager waitress, started our Cambodian adventure with cool Fresh Spring Rolls, a perfect balance of shrimp, sliced pork, rice vermicelli, bean sprouts, lettuce, mint, Asian basil and Chinese chive served with a side of hoisin-tuk Trey dipping sauce topped with peanuts. The restaurant makes a limited amount of these refreshing rolls and apologizes in their menu if they sell out.

Avocat Kanthor is a timbale of diced raw tuna, avocado, lemongrass, shallot and "French" mint, tossed in a dressing of galangal,

garlic, shallot, fish sauce, rice vinegar and peanuts, served with baby greens. This appetizing sashimi salad-like dish is totally refreshing.

You can't go wrong with that rare combination of healthy and delicious and that's what you'll find in the Salade Cambodienne. Comprised of shredded cabbage, carrots and chicken with red bell pepper, onion, peanuts, mint, Asian basil and tuk Trey, this salad is practically a meal by itself.

The Cambodian dish called Nataing is made with ground pork simmered in coconut milk with sliced garlic, crushed peanuts and chili pods, served with crispy jasmine rice for dipping. This very tasty dish is bright red in color, rich in flavor, and the crispy jasmine rice makes Nataing really fun to eat.

The Filet de Thon Salsi aux Deux Coulis Pimentes is defined as rare, pan-seared tuna loin encrusted with bread crumbs, sliced over spiced red and green chili cream sauces with crispy pear and scallion raviolis. Resembling a great Asian painting, the brilliant, fresh tuna rests on a yin and yang emblem of sauces. You can't help but admire the artistic presentation just before lifting your fork to destroy this work of art, and when was the last time you had pear and

scallion filled crispy ravioli? Outstanding!

Loc Lac is an entrée of sautéed, cubed beef tenderloin, lightly caramelized in black pepper, garlic mushroom soy, served over shredded lettuce with a lime and black pepper dipping sauce. Like a well-cooked roast, the tender and tasty meat falls apart in your mouth.

Poulet a la Citronnelle translates to tender sliced chicken breast sautéed with lemongrass, onion, red bell pepper and scallion, sprinkled with freshly roasted, crushed peanuts. Chef Nadsa de Monteiro said, "This is one of our most popular dishes."

The Chilled Avocado Citrus Soup is so deliciously different, you can't help but analyze every spoonful. Orange juice, chunks of avocado, mushrooms, tomatoes, garlic, lime and cilantro all easily maintain their individual taste as you try to identify each spoonful, but before you know it, you've giggled your way to the bottom of the bowl. This is a perfect summer soup. It's easy to make, refreshingly delicious, and your guests will beg you for the recipe.

Chilled Avocado Citrus Soup (Serves 4)

Ingredients

1 small onion
1 tablespoon regular salt
1 quart freshly squeezed orange juice
1 cup freshly squeezed lime juice
1 tablespoon sugar
2 teaspoons regular salt

1/2 teaspoon black pepper
1 teaspoon chopped garlic
2 tablespoons extra virgin olive oil or soybean oil
3 avocados
2/3 cup button mushroom
2 cups plum tomatoes
4 tablespoons chopped cilantro
2 jalapeño peppers (optional)

Preparation

Cover the chopped onion with one tablespoon of salt for 20 to 30 minutes. Rinse the salt completely off the onion, and drain and squeeze off the excess water. Mix two teaspoons salt, black pepper, orange juice, lime juice, garlic and sugar. Add olive oil and mix well.

Add half-inch cubes of avocado, quarter-inch slices of mushrooms, diced tomatoes without pulp and onions. Stir gently to mix well. Let chill for one hour before serving.

Add one tablespoon of chopped cilantro to the soup, stirring to mix. If desired, add the optional jalapeño pepper, minced and seeded.

Wine Pairing

2004 Pinot Bianco, Muri Gries. This fresh, dry and crisp wine makes a perfect pair with the aromatic herbs and spices in Cambodian Cuisine.

Signature Cocktail

It may be difficult to imagine the flavor of green tea in a mojito cocktail, but the Elephant Walk's Green Tea Mojito is a surprisingly mild blend of traditionally strong flavors and is most worthy of your attention.



The Elephant Walk's Green Tea Mojito

Green Tea Mojito

Charbay Green Tea Vodka
4 wedges fresh lime
5 to 6 fresh mint leaves, stems removed
White cranberry juice
Ice

Fill a large rocks glass 3/4 full of ice. Add 1 1/4 ounces of Charbay Green Tea Vodka. Squeeze the juice of a lime wedge into the glass and place wedge in glass. Add five or six fresh mint leaves to the glass without shredding or crushing. Fill the remainder of the glass with white cranberry juice. Place shaker over the glass and shake vigorously for several seconds to bruise the mint leaves and lime rind. Remove from shaker and serve.