

**Summer Cooking Demonstration at Beekman Library**  
**Lize Ankner's Recipes**  
**July 31, 2014**

**Cucumber soup**

2 small cucumbers or one hothouse  
1 ripe small California avocado  
2 tablespoons fresh cilantro/coriander leaves  
2 tablespoons fresh lemon juice  
2 Tbsp dill  
1/2 cup plain yogurt  
1 cup cold water

Garnish: 2 fresh cilantro/coriander sprigs or herbed crème fraîche

**Preparation**

Peel cucumber (if using hothouse, you don't have to peel) and cut into 4 pieces. Quarter avocado, removing pit, and peel. In a blender purée all ingredients until smooth and season with salt and pepper.

Serve soup garnished with coriander.

**Couscous with grilled vegetables, chicken and New York State feta cheese**

1 box couscous, prepared according to directions  
1/2 cup feta cheese, crumbled  
2 zucchinis, sliced lengthwise  
2 sweet peppers, sliced for grilling  
1 eggplant, sliced  
3 chicken breasts  
Salt and pepper  
Lemon juice from one lemon  
Olive oil, 1/4-1/2 cup  
1-2 cups of good Italian dressing

**Directions**

Marinate the sliced vegetables with 1 cup of the dressing. Marinate the chicken breasts in a separate bowl with 1/2 cup of dressing and the lemon juice.

Grill the vegetables and chicken. Rest the meat.

Slice the vegetables and chicken into bite size pieces and add to the couscous in a large platter or bowl.

Drizzle with olive oil and stir lightly. Sprinkle the feta cheese over the dish just before serving.

**Seasonal berry and peach tart**

4 peaches  
2 cups of blueberry  
6 oz cream cheese, room temperature  
1 cup of powdered sugar  
5 ml vanilla essence

Prebaked pie crust  
1/4 cup Toasted almonds flakes

Stir the confectioners sugar, vanilla and cream cheese until smooth in a mixer or by hand.

Spread the filling carefully over the pie crust. Arrange the fruit over the filling.  
Top with toasted almonds (optional)

## **Peach Sorbet**

### Ingredients

2 pounds fresh peaches  
1 1/2 cups simple syrup (recipe follows)  
Juice of 1 lemon

### Simple Syrup:

4 cups water  
4 cups sugar

### Directions

Score bottom of peaches with an X and boil for about 10 seconds in boiling water and peel off skin. Remove peach pits. Puree peaches in a food processor or blender. Pour puree into a bowl and stir in simple syrup and lemon juice. Taste and adjust syrup or lemon juice to taste. Freeze in an ice cream maker using manufacturer's instructions.

### Simple Syrup:

Stir water and sugar into a saucepan. Place pan over high heat and bring to a full boil. Let syrup cool before using. Store leftover syrup in a glass jar.