

Cooking Know-How Spiced Plum Soup

Adapted from Bruce Weinstein and Mark Scarbrough's [Cooking Know-How](#) (Wiley, 2009). Used with permission of the authors.

Makes up to 12 small first course servings

4 cups (1 quart) cold water
2 pounds plums, halved and pitted
One 4-inch cinnamon stick
4 whole cloves
1/4 teaspoon ground nutmeg
1/2 cup sugar
1/2 cup plain unsweetened yogurt
1/2 cup red wine
Salt to taste

In a large saucepan, bring the water, fruit, cinnamon stick, cloves, and nutmeg to a boil over high heat. Reduce the heat to low, cover, and simmer slowly until the fruit is meltingly tender, about 10 to 25 minutes. (*-csr: mine took 10.*)

Remove and discard the cinnamon stick and whole cloves. Transfer any plum halves (*csr: mine has turned to mush, but it made no difference*) to a bowl, turn the heat to medium high, and boil the remaining liquid in the pan, uncovered, until its volume has reduced by half, stirring occasionally.

Puree the plums, the reduced cooking liquid, the sugar, yogurt, and wine in a large blender or food processor fitted with the chopping blade, working in batches if necessary. (*csr: I did it in batches with a stick blender.*)

Transfer the soup to a large, nonreactive (*csr: glass*); seal and refrigerate for at least 4 hours or up to 3 days. Season with salt to taste just before serving.