

Strawberry Soup

Serves 4

This refreshing slightly alternative pudding is so easy to prepare.

We use Sessay strawberries from Spellman's farm near York

Ingredients

600 g of Sessay strawberries, washed, hulled and pureed

250 ml of water

250 ml caster sugar

150 ml local natural yoghurt (we use yoghurt from Whixley near York)

A few mint leaves for garnishing

To make the soup

Put 250 ml of water and 250 ml caster sugar in a pan and boil until all the sugar has dissolved. Pour over the strawberries immediately.

Blend together with the yoghurt using a small stick blender and pass through a sieve.

Serve chilled with a mint leaf to garnish.

Sessay strawberries are part of the Ridding Park Food Heroes campaign for July 2008.