

Rødgrød med fløde: Danish Summer Fruit Soup

This recipe for *Rødgrød med fløde* or Danish summer fruit soup served with cold heavy cream was given to us by Birgitte Kampmann. She says:

This is the recipe I grew up with from my grandmothers' kitchens. They would use the berries and fruit in season to make it, but frozen fruit or berries work well too.

As a child, I preferred this fruit soup to be smooth and seedless. You could add extra raspberries, quartered strawberries and sliced rhubarb towards the end of the cooking time if you want a chunkier texture. Just make sure to cook the fruit carefully and remove any impurities with a ladle.

Both of my grandmothers would first cook a rich fruit broth and then they would pass the whole thing through a strainer to obtain a dark red liquid. They would add sugar to taste, half a vanilla pod and a squirt of lemon juice for zing and thicken the soup with a mixture of starch and cold water.

This soup recipe is made with sweet strawberries, sour red currants and rhubarb but you can use any combination you like. Serve it lukewarm or cold with lots of cold cream, a little slivered almonds and an extra sprinkling of sugar for crunch. This makes 6–8 portions.

Ingredients

1 Kg	berries (1/3 strawberries, 1/3 red currants, 1/3 raspberries) rinsed in cold water
200–300 g	rhubarb, <i>cleaned and cut into thick slices</i>
1½–2 litres	cold water
200–300 g	white sugar or to taste.
½	vanilla pod.
4 tbsp	cornflour or potato flour
5 tbsp	cold water.
	a little lemon juice.
To serve	slivered blanched almonds
	cold heavy cream
	sugar.

Method

Cut the strawberries in half, stem the currants and add them with the raspberries and rhubarb to a large pot. Add cold water, just enough to cover the fruit and bring the pot to a light simmer over medium heat. Cook the fruit soup until incredibly soft for about 30 minutes, then strain it through a fine-mesh sieve into a bowl.

Return the soup to the pot. Stir in the sugar to taste, with the vanilla pod and a squeeze of lemon juice and bring the soup to a light boil.

Meanwhile, mix the cornflour or potato flour in the cold water with a fork until lump free. Add all the starch slurry to the hot liquid while stirring constantly with a wooden spoon. Keep stirring and let the soup thicken slowly.

You will notice that the soup goes cloudy for a short while; that is normal but once the soup has thickened and gone back to being clear, take it off the heat. If you cook the starch too long, you will experience an unpleasant stringy texture.

Finally remove the vanilla pod from the soup and transfer it to a bowl. Sprinkle with a little sugar all over to avoid skin formation.

You can serve it right away lukewarm or cover it and keep it in the refrigerator until needed. This dessert freezes well too.