

Make your **top**  
**water**  
even **more**  
**IRRESISTIBLE**  
*cold*  
*soups*



EPAL

Grupo Águas de Portugal

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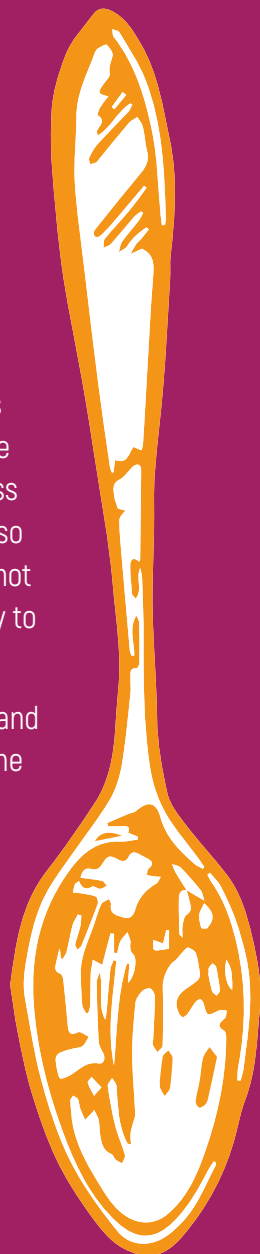
The latest edition of tap water recipes is dedicated to refreshing, cold soup recipes.

Drinking tap water is a planet-friendly gesture that should be part of our daily routine, in any season of the year.

Soup is an integral part of the Mediterranean diet and is part of our lives from an early age, as its nutrients have helped us to grow and also to have a more balanced diet. However, in the summer, due to the heat, this is a less appetising dish and, to change this, we have created this set of recipes so that you can enjoy soup in its cold form. Now there are no excuses for not continuing to include soup in your meals, which is, above all, an excellent way to consume fresh food and tap water.

Fruit, vegetables and aromatic herbs are important sources of nutrients and hydration for the body and eating them helps us to meet the guidelines of the Food Wheel, where these ingredients carry significant weight.

In addition, eating fruit and vegetables on a daily basis contributes to the supply of fibre and mineral salts necessary for the good functioning of the body and helps to reduce the consumption of higher calorie foods, which are richer in fats and sugar.



By eating raw food, which is delicious, we are also contributing to a better world as we reduce energy consumption and CO<sub>2</sub> emissions, responsible for intensifying the greenhouse effect and global warming.

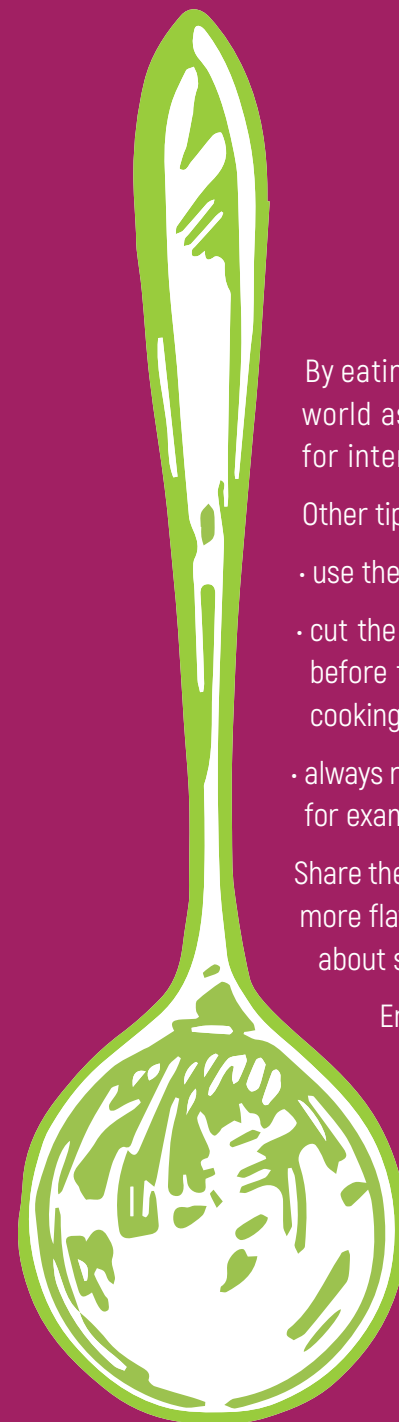
Other tips to make your soups more environmentally friendly:

- use the correct pot according to the hotplate/gas ring on the cooker;
- cut the vegetables into smaller pieces and turn off the heat a few minutes before they are fully cooked, taking advantage of the residual heat to finish cooking;
- always reuse the water used to wash fruit and vegetables to water your plants, for example.

Share the refreshing cold soup recipes with your family and friends and give life more flavour! And don't forget to consult our sustainability tips and curiosities about some of the ingredients used.

Enjoy yourself the best way. Ideal and EPAL are here for you!

The amounts indicated here are for around one litre of soup and are merely indicative, so you can use your creativity according to your taste. The important thing is to really try our recipes and enjoy a cooler summer.





# Sopa de Melão, Beterraba e Cebolinho

Melon, Beetroot and Chive Soup

## Ingredients:

- 200 ml of frozen tap water
- 900 g of chopped melon (without the skin or seeds)
- 1 medium-sized boiled beetroot
- 1/2 slice of bread
- 1 soup spoon of olive oil
- 1 coffee spoon of grated ginger
- Salt to taste

## To finish

- Chives to taste

## Preparation:

Put the tap water in the liquidiser and add the melon, half of the beetroot and the bread cut into pieces and blend thoroughly. Add the olive oil, ginger and salt and blend again. Taste to see if you need to adjust the seasoning.

Cut the other half of the beetroot into cubes. Put the preparation and the beetroot cubes into bowls. Decorate with chopped chives.

**Suggestion:** If you prefer a spicy flavour, add another coffee spoon of grated ginger.

### Sustainability tip:

This recipe is a great way to use leftover bread. Even with stale bread, you can cut it into small pieces and leave it to soften in a container with the amount of tap water indicated in the recipe. Afterwards, just add to the preparation in the liquidiser.

# 2

## Aveludado de Cenoura, Pepino e Limão com Croutons de Alecrim

Carrot, Cucumber and Lemon Soup with Rosemary Croutons

### Ingredients:

- 750 ml of tap water
- 5 carrots
- 1 cucumber (without the skin or seeds)
- 1 slice of bread cut into squares
- 1/2 chopped shallot
- 1/2 chopped clove of garlic
- Juice and zest of two small lemons
- 1 lemon peel

- 2 soup spoons of olive oil
- 1 pinch of chilli or chilli flakes
- Salt to taste
- 2 sprigs of rosemary

### For the croutons

- 100 g of croutons
- 2 soup spoons of olive oil
- 1 pinch of salt
- Chopped rosemary leaves (without the stem)

### Preparation:

Slice the carrots and place in a pan with the tap water, the zest and juice of one lemon and let it cook. Then remove it from the heat, add two sprigs of rosemary and let it cool. Once cold, discard the lemon peel and rosemary. Put the carrots, broth and bread squares in the liquidiser and blend. Cut the cucumber into cubes and add to the preparation with half of the chopped shallot, the garlic, the lemon zest and juice, the oil, the chilli and the salt. Blend again. If it is too thick, add a little water. Put into bowls and serve with the rosemary croutons.

**For the croutons:** Put two soup spoons of olive oil, salt and chopped rosemary in a frying pan. Add the croutons and sauté lightly. Remove it from the heat. Put into bowls so that each person can help themselves.



# 3

## Sopa de Melão com Gengibre, Tomate Cherry e Rúcula

Melon Soup with Ginger, Cherry Tomatoes and Rocket

### Ingredients:

- 150 ml of tap water
- 1 kg of chopped melon (without the skin or seeds)
- 200 ml of soy cream
- 1 soup spoon of olive oil
- 1 teaspoon of grated ginger

- Black pepper to taste
- Salt to taste

### To finish

- Cherry tomatoes to taste
- Rocket to taste

### Preparation:

Place the melon, tap water and soy cream in a liquidiser and blend thoroughly. Add the olive oil, grated ginger, pepper and salt and blend again. Taste to see if you need to adjust the seasoning. If you prefer a more intense flavour, you can add a little more grated ginger. Put the preparation into bowls and decorate with rocket and cherry tomatoes seasoned with a little fine salt.

### Curiosities:

Melon is a sweet fruit that contains a lot of water, a perfect food to help maintain hydration during the summer, whether raw, in shakes, salads or even in cold soups. There are several varieties, and its pulp can have different colours - orange, yellow and even green.



# 4

## Aveludado de Couve-flor com Vinagre Balsâmico e Romã

Cauliflower Soup with Balsamic Vinegar and Pomegranate

### Ingredients:

- 750 ml of tap water
- 2 onions
- 600 g of cauliflower
- 1 stick of celery
- 1 soup spoon of olive oil

- 1 coffee spoon of turmeric powder
- Salt to taste

### To finish

- Balsamic vinegar cream to taste
- Pomegranate seeds to taste

### Preparation:

Place the quartered onion, the cauliflower and the finely chopped celery in a pan. Add the turmeric and tap water and let it cook. Remove it from the heat and let it cool. Once cold, put the vegetables and broth into a liquidiser and blend thoroughly. If it is too thick, add a little cold tap water. Add olive oil and salt. Blend again. Taste to see if you need to adjust the seasoning according to your taste. Serve in glasses with a drizzle of balsamic vinegar cream and pomegranate seeds.

### Sustainability tip:

Repurpose the pomegranate peel to make a delicious infusion. You can also add orange or lemon peels and flavour with cinnamon or star anise.





# 5

## Creme de Beterraba, Pepino e Frutos do Bosque

Cream of Beetroot, Cucumber and Fruits of the Forest

### Ingredients:

- 450 ml of tap water
- 1 large cucumber (without the skin or seeds)
- 1 medium-sized boiled beetroot
- 1 stick of celery
- 200 g of frozen red fruits
- 1 slice of bread cut into squares

- 1 soup spoon of olive oil
- 1 soup spoon of honey
- Salt to taste

### To finish

- Currants to taste

### Preparation:

Cut the cucumber, beetroot and celery into small pieces and put in a liquidiser together with the tap water and the bread. Blend thoroughly. Add the frozen red fruits, olive oil, honey and salt. Blend again and taste to see if you need to adjust the seasoning. Put in bowls and serve decorated with currants.

### Curiosities:

Cucumber originates in India and is cultivated in Asia, Africa, Europe and America. In fact, cucumber is a fruit, the edible part of the plant from which it comes. Other examples of fruits are tomatoes and chayote.



# Shots de Beterraba com Laranja e Gengibre

Beetroot Shots  
with Orange and Ginger



### Ingredients:

- 700 ml of tap water
- 2 medium beetroots
- 2 medium courgettes
- 1 onion
- 3 oranges (juice and a little zest)
- Grated ginger to taste
- 1 soup spoon of olive oil
- 1 dessert spoon of honey
- Salt to taste

### To finish

- Mint leaves to taste

### Preparation:

Peel the courgettes. Cut the onion, courgettes and beetroots into cubes and put in a pan with tap water and cook. Remove it from the heat and let it cool. Put the vegetables and broth in a liquidiser and blend. Add the orange juice and a little zest, grated ginger, olive oil, honey and season with salt. Blend again. Taste to see if you need to adjust the seasoning. Divide into small glasses and serve with a mint leaf.

### Sustainability tip:

Here are three more suggestions for reusing orange peel:

- Make an infusion with tap water and cinnamon;
- Blend and flavour a stew, cake or yogurt;
- Dry the peel and use it to flavour your tap water or, perhaps, a gin.

You can reuse the courgette skin to make a broth, add to a soup or to combine sauces, avoiding the use of butter, flour or cream.



# 7

## Gaspacho de Pepino, Kiwi e Cebolinho

Cucumber, Kiwi and Chive Gazpacho

### Ingredients:

- 350 ml of frozen tap water
- 1 cucumber (without the skin and seeds)
- 3 kiwis
- 1 shallot
- 2 natural soy yogurt
- 1 slice of bread cut into squares
- 1 lemon (juice and zest)
- 2 soup spoons of olive oil
- Mint leaves to taste
- Salt to taste

### To finish

- Chives to taste
- 1 kiwi cut into cubes

### Preparation:

Cut the cucumber, the three kiwis and the shallot into cubes and put in a liquidiser together with the yogurts, tap water and bread. Blend everything thoroughly. Add the lemon zest and juice, olive oil, mint leaves to taste and season with salt. Blend again. Taste to see if you need to adjust the seasoning. Cut the other kiwi into cubes. Put the gazpacho into bowls and serve with kiwi cubes and chopped chives.

### Curiosities:

The kiwi is originally from China and is one of the fruits with the highest amount of vitamin C. Its western name was given to it by the New Zealanders, because the fruit resembles the native bird of this country, the kiwi, a curious bird that does not have wings. Both are small, brownish and furry.



# Gaspacho de Melancia e Morango

Watermelon and Strawberry Gazpacho

### Ingredients:

- 50 ml of tap water
- 300 g of beef heart tomato
- 150 g of strawberries
- 150 g of watermelon
- 1 shallot
- 2 teaspoons of cider vinegar
- 8 basil leaves
- Salt to taste

### To finish

- Fruity olive oil to taste

### Preparation:

Remove the seeds from the tomato and watermelon. Put all the ingredients into a liquidiser and blend well. Put in bowls and, when serving, season with a drizzle of fruity olive oil.

### Sustainability tip:

Here too you can reduce your food waste. The watermelon rind is very versatile, and you can make tea, jam or even some pickles with it.



## Creme de Couve-roxa Aromatizada com Aipo e Gengibre

Red Cabbage Soup Flavoured with Celery and Ginger

### Ingredients:

- 750 ml of tap water
- 250 g of red cabbage
- 1 chayote
- 1 onion
- 1/2 stick of celery
- 2 cloves of garlic
- 1 soup spoon of rice
- Olive oil to taste
- 1 coffee spoon of chopped ginger
- 1 teaspoon of honey
- Salt to taste

### To finish

- Mint leaves

### Preparation:

Cut the red cabbage into julienne strips and the chayote into small pieces. Sauté the chopped onion in a drizzle of olive oil until golden. Add the red cabbage, chayote, celery, cloves of garlic, rice, ginger and tap water and cook. Then remove it from the heat and let it cool. Put the vegetables and broth in a liquidiser and blend well. Finally add the honey and salt. Taste to see if you need to adjust the seasoning. Put into bowls and serve with a mint leaf.

### Curiosities:

Red cabbage contains high levels of potassium and vitamins. It has been eaten since ancient times and is found mainly in coastal areas. It was already known to the Egyptians, and later cultivated by the Greeks. It likes the sun, and flowers on long days with over 12 hours.



# 10

## Creme de Banana, Manga e Agrião

Cream of Banana, Mango and Watercress

### Ingredients:

- 500 ml of tap water
- 1 banana
- 1 avocado
- 1 mango
- 1 bowl of watercress leaves

- 1 lemon (juice and zest)
- 1 plain yoghurt
- 1/2 shallot

### To finish

- 1 dessert spoon of olive oil
- 1 coffee spoon of honey per bowl

### Preparation:

Put all the ingredients in a liquidiser and blend well. At the time of serving, season with a little olive oil and add a coffee spoon of honey, in a drizzle, to give it a sweeter touch.

### Sustainability tip:

Repurpose the mango skins and pits to make a sustainable iced tea.



## Puré de Abóbora com Aroma Cítrico

Pumpkin Puree with Aroma of Citrus

### Ingredients:

- 700 ml of tap water
- 500 g pumpkin
- 1 potato
- 1 onion
- 3 oranges (save some of the zest)
- 1/2 lemon

- 1 clove of garlic
- 2 soup spoons of olive oil
- Salt to taste

### To finish

- Pumpkin seeds to taste
- Oregano to taste

### Preparation:

Cut the pumpkin, potato and onion into cubes and put in a pan with the tap water. Add the clove of garlic and a pinch of salt and let it cook. Once the ingredients are cooked, remove it from the heat and let it cool. Meanwhile, squeeze the oranges and lemon. Once cool, put the vegetables and broth in a liquidiser and blend. Add the citrus fruit juice, a little orange zest and the olive oil and blend again. Taste to see if you need to adjust the seasoning. Put into bowls and serve with pumpkin seeds and some oregano leaves.

### Sustainability tip:

Repurpose the orange peel to make a great marmalade, to go with a good cheese. To do this, just weigh the orange peels, blanch them two or three times and add the same weight of white wine, tap water and sugar. Let it boil slowly until the preparation has almost evaporated. Then add the same weight of orange juice and boil a little more. Let it cool and serve.



# 12

## Sopa de Cenoura com Agrião e Manga

Carrot Soup with Watercress and Mango

### Ingredients:

- 700 ml of tap water
- 4 medium carrots
- 1 onion
- 1 mango
- 1 bowl of watercress leaf soup
- 1 dessert spoon of olive oil
- Salt to taste

### Preparation:

Put the diced onion and carrots, salt, olive oil and tap water in a pan and cook. Then remove it from the heat and let it cool. Once cold, put the vegetables and the stock in a liquidiser. Then cut the mango into pieces, add to the remaining ingredients in the liquidiser and blend. Add the watercress leaves and blend very well again. Taste to see if you need to adjust the seasoning.

### Sustainability tip:

To preserve carrots, reuse glass jars. Put the carrots in the jars and fill with tap water. Put them in the fridge and you'll see how your carrots stay crunchy and tasty for at least 3 weeks.



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# drink tap water

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