

SWEET CORN SOUP WITH POBLANO PEPPERS

Save some fresh corn for this sweet summer soup! The fresher, the better.

by Chef Kurt Kwiatkowski

Featured Food: Corn

Yield: serves 6-8

Ingredients

For Soup:

4 c. roasted corn stock (see recipe below)

¼ c. unsalted butter

1 t. salt

Corn kernels, reserve ½ c.

2 T. fresh cilantro

Salt and pepper to taste

Garnish (see recipe below)

For Roasted Corn Stock:

10 scraped corn cobs (after kernels have been removed)

2 T. canola oil

½ c. large diced white onion

6 c. water

For Garnish:

½ c. corn stock

½ c. corn kernels

1 T. shallots, peeled and finely diced

1 ½ c. green poblano pepper, roasted, peeled, seeded and diced

1 c. red pepper, roasted, peeled, seeded and diced

1 T. minced chives

1 ½ T. extra virgin olive oil

1 ½ T. apple cider vinegar

Salt and pepper to taste

Preparation

For Soup:

In a saucepan, melt butter. Add all of the corn kernels except for ½ cup and add the salt.

Cover and cook until tender on medium-low heat for about 10 minutes. Add corn stock and simmer covered until kernels are very tender, about 30 minutes.

Remove from the heat and transfer to a blender. Puree until smooth and strain through a fine mesh sieve.

Season with fresh cilantro, salt and pepper. Serve warm with a spoonful of garnish atop each bowl.

For Roasted Corn Stock:

Coat the corn cob pieces with oil and lay them on a baking sheet. Roast, turning occasionally for about 30 minutes or until browned. Sprinkle onion over the cobs, spray with vegetable oil cooking spray and roast for seven minutes or until onion softens.

In a large stockpot, combine the cobs, onion and water. Bring to a low simmer over medium-low heat and cook for one hour or until liquid is reduced to 4 1/2 cups. Strain the broth through a fine-mesh sieve. Let cool.

Roasted Corn Stock recipe from Taste Pure and Simple: Irresistible Recipes for Good Food and Good Health by Michael Nischan.

For Garnish:

Bring remaining corn stock to a boil. Add the reserved corn kernels and simmer for one minute. Remove from the heat and strain through a fine mesh sieve, discarding the stock.

In a bowl, combine the corn kernels and remaining ingredients. Mix to combine and season with salt and pepper as needed.