

THE
TEACHING
KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE

Chilled Summer Corn Soup

Serves: 4-6

Ingredients

5-6 ears of fresh yellow corn, husked and cleaned
4 cups water or low-sodium vegetable or chicken stock
1 ½ cups milk
1 medium yellow onion, peeled and thinly sliced
1 medium leek, white parts only, rinsed and sliced
1 stalk celery, thinly sliced
1 sprig thyme (optional)
2 cloves garlic, peeled and left whole
Salt and pepper to taste
Oil

Optional Toppings

Hot sauce
Smoked paprika
1 slice of leftover bread cut into small cubes

Directions

1. Using a sharp knife, slice the corn kernels off the cobs and set aside. Combine the cobs, water/stock and milk in a pot and bring to a boil. Lower the heat and simmer for 15-20 minutes. Strain the corn stock using a colander.
2. While the liquid is simmering, warm 2 tablespoons of the olive oil in a medium sized pot. Add the sliced onions, leeks, celery, thyme and garlic and season with salt and pepper. Sauté, stirring frequently until the vegetables are tender. Add the reserved corn kernels and cook for 3 to 5 minutes until the kernels are soft.

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3. Add the corn stock and bring to a boil. Lower the heat and let simmer for 10-12 minutes. Remove the thyme sprigs and the garlic cloves.
4. Purée until smooth using a stick/immersion blender or wait for the soup to reach room temperature and puree in a blender. Taste and add salt, pepper and hot sauce per your preference.
5. Refrigerate for at least 2 hours or overnight.
6. If using the bread: Preheat the oven to 350° F. Toss the bread in some olive oil, salt and pepper and bake in the oven for 15 minutes or until golden brown.
7. Serve the soup chilled with a sprinkling of paprika and top with the croutons.

Notes:

1. Instead of hot sauce, you can also add slit green chilies (serranos or jalapeños or whatever you have on hand) to the sautéed vegetables and remove them before pureeing. This adds a nice spicy kick to the soup without overwhelming it.
2. It is strongly recommended to keep the flame low to medium for this recipe. We want the vegetables nicely cooked but don't want a lot of color. That way, the final soup has the nice bright yellow shade of fresh corn.