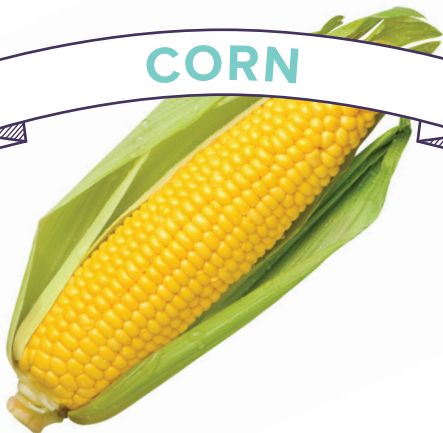


CORN



Sweet Corn Soup

INGREDIENTS

- 4 ears sweet corn, roasted (See recipe), husks reserved
- ¼ cup onion
- 1 teaspoon garlic
- 2 Tablespoons butter
- 2 Tablespoons salt

PEAK SEASON

August–September

DIRECTIONS

- 1** Preheat oven to 450 degrees Fahrenheit.
- 2** Place corn on sheet pan in oven and roast until fragrant and husks are browned; about 20-40 minutes. Remove from oven and let cool.
- 3** Once cooled, carefully cut the roasted corn kernels off the cobs by holding the cob on end, and cutting straight down the sides until all kernels are cut free.

Make Corn Stock

- 4** Place the cobs without the kernels and reserved husks in a large pot and cover with water. Bring to a boil, and reduce to a simmer. Simmer 45 minutes.

- 5** Strain and reserve about 1 quart of the liquid.

Finish the Soup

- 6** In a medium-sized saucepan, melt the butter over medium-high heat; add the onions and garlic and sweat until softened and fragrant. Add the cooked corn kernels, sauté another minute, and season well with salt. Add the corn stock, and bring to a boil.
- 7** Reduce heat to a simmer and cook for 10 minutes. Puree the soup well in a counter top blender or with an immersion blender. Adjust seasoning with salt, and garnish with ample freshly ground black pepper.

Nutrition tip:

Use grass-fed butter! Grass-fed butter contains omega-3 fatty acids which reduce inflammation, improve cholesterol, and act as an antioxidant.

*Recipe provided by
Eastern Market Chef
Aaron Egan*

