

Live Zoom Cook-Along Class



Sensational Summer Cook-Along Sampler Cash Crop Corn Soup*

Serves: 4

Ingredients

- 5 ears uncooked yellow or bicolor corn (or 5 cups frozen corn kernels)
- 2 TB extra virgin olive oil (EVOO)
- 1 small onion, chopped
- 3 garlic cloves, minced (or 1/2 garlic powder)
- 1 (1-inch) piece ginger, peeled and minced (or 1/4 tsp ground ginger)
- 1 serrano chile (or other chile), minced (or 1/8 - 1/4 tsp cayenne pepper)
- 2 small red potatoes (6 to 8 ounces total), cut into 1/2-inch cubes
- 2 1/2 cups vegetable broth (or water)
- 1 (15-ounce) can full-fat coconut milk
- 1 tablespoon lime juice (~ 1/2 lime), serve soup with other 1/2 lime
- Sea salt (to taste)
- Optional toppings: cilantro leaves, coconut flakes, roasted peanuts

Directions

1. Cut the corn kernels off the cobs and transfer to a bowl. Using the back of a butter knife, scrape the cobs so that all of the milky juices collect in the bowl and the cobs look completely dry, like wrung-out sponges. Set aside. (If using frozen kernels, skip this step.)
2. In a large stockpot over medium heat, heat olive oil. Add onion, garlic, ginger and serrano chile. Sauté, stirring occasionally, until soft and fragrant, 3 to 5 minutes. Add corn kernels and juices to the pot, and sauté until the corn is softer and brighter, about 3 minutes more.
3. Add potato pieces, and stir to coat, 1 to 2 minutes.
4. Pour in the vegetable broth (or water) and coconut milk. Bring to a boil, reduce to a simmer, cover, and cook for 8 to 10 minutes, until the potatoes are tender all the way through.
5. Use an immersion blender to slightly purée the soup, so that it's creamy with some kernels of corn, chunks of potato, and chile flecks remaining. (Alternatively, ladle about half of the soup into a blender, blend until smooth, and return to the pot.) Season with lime juice and salt, and mix to combine. Ladle soup into bowls and garnish with toppings of your choice.

*Adapted from: [source](#)

07/25