



Chilled Sweet Corn Soup

Ingredients for Corn Stock:

- 2 Qt Vegetable Broth
- 4 ea Sweet Corn Cobs, kernels cut off & reserved for later use

Method:

- 1) In a large pot, combine the vegetable broth and bare corn cobs
- 2) Bring to a boil, then lower the heat and let stock simmer for 20-30 minutes
- 3) Remove from heat and let stock steep for 10 minutes
- 4) Remove and discard corn cobs; reserve stock for later use

Ingredients for Corn Soup:

- 1 Qt Corn Stock
- Reserved Kernels from 4 ears of Sweet Corn
- 3 Tbsp Unsalted Whole Butter
- 2 Sprigs of Fresh Thyme
- Kosher Salt, to taste
- White Peppercorn, ground, to taste

Method:

- 1) In a medium pot, melt the butter over medium heat until it starts to foam
- 2) Add the corn kernels and thyme sprigs
- 3) Stir and cook for about 3 minutes, or until the corn is just tender and begins to smell sweet

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- 4) Add 3 cups of your stock and continue cooking for about 3 minutes; remove and discard thyme sprigs
- 5) Working in batches, carefully blend the soup in a blender until silky smooth
- 6) Pass soup through a fine mesh strainer and season with salt and white pepper, to taste
- 7) Chill the soup in the refrigerator for at least 2 hours before serving

Optional garnish:

A splash of extra virgin olive oil, fresh thyme, or a sprinkle of crumbled goat cheese (or even better... all of the above).

Enjoy!

FROM THE EARLY MOUNTAIN RECIPE BOOK

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