



Corn Soup for All Seasons

(serves 4-6)

Ingredients

- About 1 ¼ cups Yukon gold potato, peeled and diced into ½ inch cubes
- 2 1/2 cups water
- 1 tablespoon butter
- ½ large onion, diced ½ inch
- ½ teaspoon dried thyme
- 2 teaspoons salt (or to taste) - I add more at the end
- ½ large orange bell pepper, diced ¼ inch (about ¾ cup)
- 1 medium stalk celery, diced ¼ inch (about ¼ cup)
- 16 ounces of frozen white corn kernels (or kernels from seven ears fresh corn cut off the cob if you are making this in summer - reserve the cobs for the stock)
- ¼ tsp ground white pepper to taste (I got lazy and used black pepper)
- ¼ cup chopped fresh basil
- 1 cup 2% milk, at room temperature (I am sure soy milk would be fine too)

Instructions

Combine the peeled and diced potatoes and water in a small saucepan. Bring to a boil, lower to a simmer, cover, and cook for 5 minutes until the potatoes are tender when pierced with a knife. Set aside.

Melt the butter or oil in a 3-quart dutch oven. Add the onion, thyme, salt, peppers and celery and cook over medium-low heat, stirring. After about five minutes continue cooking very low, covered.

Add the cooked potatoes with all the remaining water the along with the frozen corn, and 1/8 tsp white pepper. Stir well, cover, and reduce heat, and continue to cook for five more minutes.

Using an immersion blender, pulse about 8-10 times until desired thickness and consistency.

Ten minutes before serving, stir in the milk and fresh basil. Gently let it heat in the soup.

Note: You can puree more or less of the vegetables depending on whether you like chunky or smooth soup. In our Guatemalan restaurant they totally pureed the whole pot of soup then passed it through a chinoise to make it silky smooth.

I like to serve this with some crispy baked tortilla strips and some additional corn and basil on top.

If reheating leftovers, do so on very low heat so the milk doesn't burn.

In summer when I make this with fresh corn, I simply cut the kernels off the ears of corn and use the corn cobs in the soup too - removing them before pureeing at the end.

Finally, I think I'll try some chicken stock in lieu of water for the potatoes. It would give the soup more depth.