



## Corn Soup Serves 4

This is a very delicious soup made with fresh corn, which is in abundance in the summer. The extra half hour it takes to make a home-made corn stock is well worth it—it adds a lot of really sweet corn flavor. The stock also allows you to use all the parts of the vegetables, including the corn cob and the dark green part of the leek, which are too tough to eat.

**Cooking Tip:** When making soups and sauces, it's good to lightly salt each ingredient as it goes into the pot. This will help you build layers of flavor with the salt so you don't have to add a lot at the end.

### *Ingredients*

6 ears fresh corn, husks removed  
3 leeks, white and green parts *separated*, washed well, and cut into 1-inch dice  
3 tablespoons extra virgin olive oil  
1 white onions, cut in 1-inch dice  
1-2 small turnips, cut in 1-inch dice  
salt  
½ cup whole buttermilk

### *Procedure*

#### *Make the stock:*

1. Cut kernels off corn by standing the cob up on a cutting board and running a knife as close to the cob as you can get. Set aside the kernels.
2. To make the stock: put the cobs and the green parts of the leek in a pot and cover them with about 6 cups of water. Boil for 30 minutes, then strain and reserve liquid.

#### *Now you're ready to make your soup:*

3. Heat the olive oil in a soup pot. Add onions, white parts of leeks and a pinch of salt and sauté for 5 minutes, until vegetables are translucent but not browned.
4. Add turnips, corn kernels, and another pinch of salt and sauté, stirring often, for another 5 minutes.
5. Add 4½ cups of your corn stock. Bring to a boil, reduce to a simmer, and cook for about 20 minutes or until the turnip falls apart when you put a fork through it.
6. Blend the soup in batches, adding extra stock as needed to achieve a smooth, creamy consistency.
7. Return to pot, add buttermilk, adjust seasonings and serve hot.

#### Optional garnish:

Chop some cilantro and walnuts together and add it to the top of the soup bowl for added crunch and flavor!

