



The Edible Garden

Recipe featured at *Cooking for Kids* demonstration, July 20

Creamy Corn Soup with Coconut Milk

By: Colombe Jacobsen, Growing Chefs

Serves 4

Ingredients

For the soup

- 6 ears of corn, kernels only
- 1 14 ounce can coconut milk
- 2 jalapenos
- 4 cloves spring garlic (you may substitute regular garlic)
- 1 teaspoon sea salt
- Fresh ground pepper
- Juice of one lime
- Water (as needed)
- 6 small edible flowers like pansies or nasturtium (optional garnish)

For the topping

- 1 cup corn, removed from husk
- 1 tablespoon olive oil
- ¼ teaspoon ancho Chile
- 1 tablespoon cilantro, finely chopped

Instructions

- In a deep saucepan, sauté the spring garlic until just golden. Add the jalapeno (without the seeds) and the corn. Sauté until corn is cooked through, then add the coconut milk. Bring to a boil and simmer for 5 minutes.
- Blend in a blender or vita mix and using a fine mesh strainer, strain into a bowl. Then add lime juice and salt to taste. Thin out with cold water, until it has your desired consistency. (Keep in mind the soup will thicken even more when chilled.) If serving chilled, place in refrigerator and cool.
- Prepare the topping. In a small saucepan add the olive oil, corn and ancho Chile. Sauté until the corn is tender, about five minutes. Adjust seasoning with salt and remove from heat. Then add the cilantro.
- Remove the soup from the refrigerator. Give it a stir and add more water if it is too thick. Adjust seasoning with salt if necessary. Pour into 4 bowls and add a dollop of the topping in the center of the bowl. If you have edible flowers on hand, you can add one or two as a colorful garnish.

For tips and more ideas, go to Colombe's website: <http://www.colombedujour.com>