

# NYBG

EDIBLE ACADEMY  
FRESH FROM THE GARDEN TASTINGS



## CORN AND MORINGA SOUP

By Carol Villanueva, Global Gardener

Prepares 10 cups

### Ingredients:

- 4 ears of corn ( about 6 cups)
- 1 medium size onion- peeled, chopped into ¼ inch cubes
- 1 Tablespoon ginger, minced
- 12 pieces scallops, rinsed, dried, chopped into quarters (may be substituted with fresh shrimps)
- 2 tablespoons fish sauce
- 1 teaspoon ground pepper

### Ingredients for toppings:

- ½ cup scallion, chopped
- 2 cups moringa leaves

### Instructions

Slice the corn kernels from the cob and set aside. Cut the onion, ginger, and scallops. In a medium size pot add 5 cups of water, corn husk, onion skin, ginger skin, and scraped corn cob. If using shrimp instead of scallops add the shrimp shell to this stock. Let this boil and cook for 10 minutes to extract all the flavors or until you can taste the sweet corny broth. Using two forks scoop out all the cob and peels from the stock pot. In the still simmering stock add the corn kernels, onion and ginger. Cook for another 15 minutes. Season with fish sauce and pepper. Turn off heat, add the scallions and moringa leaves to the soup.