

Chilled Corn Soup

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Servings: 6

Preparation Time: 45 minutes

8 ears corn, husks and silk removed

2 cups whole milk

2 tablespoons extra-virgin olive oil

2 tablespoons unsalted butter

2 medium shallots, roughly chopped

2 cloves garlic, roughly chopped

coarse salt

ground pepper

1 red bell pepper, diced small

4 scallions (white and light green parts only), thinly sliced

fresh cilantro leaves (for garnish)

Cut off the tips of the corn and stand in a wide shallow bowl. With a sharp knife, cut the kernels off the cobs. Place the cobs in a large pot, along with the milk and 6 cups of water. .

Bring to a boil over high heat. Reduce to a simmer and cook until the liquid is slightly reduced, about 15 minutes. Discard the cobs.

In a large skillet, heat the oil and butter over medium-high heat.

Add the shallots and garlic. Cook until soft and translucent, about 2 minutes.

Add the corn kernels and cook until crisp-tender, about 4 minutes.

Season with salt and pepper.

Transfer the corn to the pot with the milk mixture and bring to a boil.

Reduce to a simmer and cook until the corn is soft, about 15 minutes.

In batches, fill a blender halfway with the soup and puree' until smooth. (Use caution when blending hot liquids; remove the cap from the lid and cover the opening with a towel.)

Pour the liquid through a fine-mesh sieve set over a large bowl, pressing on the solids. Discard the solids.

Season the soup to taste with salt and pepper and refrigerate until cool, about 1 hour or up to overnight.

Divide the chilled soup among bowls and top with the bell pepper, scallions and cilantro.

Per Serving (excluding unknown items): 236 Calories; 13g Fat (44.1% calories from fat); 7g Protein; 29g Carbohydrate; 4g Dietary Fiber; 21mg Cholesterol; 59mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.