

Salt and Serenity

Corn Vichyssoise

Serves 4

This recipe comes from Gwyneth Paltrow's book, "My Father's Daughter". (Grand Central Life & Style, 2011)

2 tablespoons extra-virgin olive oil

2 medium leeks, white and light-green parts only, coarsely chopped (about 1 1/2 cups)

5 ears shucked corn, kernels cut from cobs, cobs reserved

1 cup coarsely chopped peeled potato (about 1 medium)

4 cups good-quality vegetable stock

Kosher salt and freshly ground black pepper

1 tablespoon fresh lemon juice

1/4 cup crème fraîche or sour cream (light-5% is ok, just don't use fat free!)

1 tablespoon finely chopped fresh chives

1/2 cup fresh corn raw kernels, (from about 1 ear of corn)

1. Heat oil in a large heavy pot over medium heat. Add leeks and cook, stirring occasionally, until they begin to soften, about 5 minutes.
2. Add corn kernels, reserved cobs, potato, and stock. Season lightly with salt and pepper. Increase heat to high and bring soup to a boil. Reduce heat to simmer, cover with lid slightly ajar, and cook until the vegetables are very soft, about 35 minutes.
3. Discard corncobs; let soup cool slightly. Working in batches, purée soup in a blender until very smooth. Set a fine-mesh strainer over a large bowl; strain, discarding solids. Chill soup until cold. If too thick, thin with water by 1/4-cupfuls.
4. Stir in lemon juice, and season with salt and pepper. Spoon a dollop of crème fraîche or sour cream atop each serving and sprinkle with raw corn kernels and chives.