

Salt and Serenity

Corn Vichyssoise

Serves 6

This recipe is adapted 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)
1 jalapeno pepper, seeded and diced
2 sprigs fresh thyme
1 bay leaf
5 ears shucked corn, kernels cut from cobs, set aside corn cobs and 1 cup of corn kernels
1 cup coarsely chopped peeled potato (about 1 medium)
4 cups good-quality vegetable stock
Kosher salt and freshly ground black pepper

1 tablespoon finely chopped fresh chives

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. Add diced jalapeno and cook for another 2 minutes.
2. Add corn kernels, (remember to not add all of them, keep one cup set aside to add at the end!) reserved corn 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, bay leaf and thyme sprigs; 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. Put soup back in pot and add 1 cup of corn you remembered to set aside earlier. Cook on low heat until corn is just tender and soup is very hot.
4. Season with salt and pepper. Ladle into bowls and sprinkle with fresh chives.

