

Roasted Corn Soup

Recipe By *Sina Mizrahi*



Cooking and Prep:  50
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Serves:  4

Contains: 

Preference: Dairy

Difficulty: Medium

Occasion: Shavuot,
Chanukah, Nine Days

Diet: Gluten Free, Vegetarian,
Sugar Free

Source: Relish by Binah
Magazine

The arrival of summer produce is a pleasure I look forward to every year. The season is bursting with colors and flavors! This soup highlights corn's inherent sweetness, turning it into a perfectly light and delicious meal.

Ingredients (9)

For the soup

- 6 ears fresh corn (or 4 15-oz. cans)
- 3 tablespoons butter
- 1 large onion, diced

- 2 cloves garlic
- 6 cups vegetable stock or water
- 1 teaspoon salt

Garnishes

- 1/2 avocado, cubed
 - Paprika
 - Chopped cilantro
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Start Cooking

For the Soup

1. Preheat oven to 400°F.
2. Using a knife or corn kernel remover, slice the kernels off the ears of corn and place them on a greased baking sheet.
3. Roast at 400°F for 10 to 15 minutes, or until golden brown. Remove the baking sheet from the oven and allow to cool. Reserve a handful of kernels for garnish.
4. In a large pot, melt the butter over medium-high heat. Add the diced onion and sauté until translucent. Add the roasted kernels and garlic and stir to coat in oil. Pour in the stock and season with salt. Bring to a boil and cook for 8 to 10 minutes. Reduce the flame to low and simmer for 15 minutes. Remove from heat and purée using an immersion blender.
5. Ladle into bowls and garnish with cubes of avocado, a sprinkling of paprika, chopped cilantro, and a few of the reserved roasted kernels. Serve hot.

Tip:

This soup can easily be made parve — just replace the butter with olive oil.