

Chilled Corn, Green Chile and Lime Soup

Ingredient list from Bearded Frog restaurant, Shelburne, VT



Corn, Chile and Lime Soup (cold)

Servings: 8

NOTE: If you want a thin soup, strain the finished soup. If you prefer the corn solids and a thicker consistency, just puree the heck out of the soup until it's nearly a liquid. It never quite liquifies, but it's very edible that way. If you have an old blender, it may not puree as well as the newer, high speed ones capable of liquifying just about anything.

1. In a skillet, heat a small jot of olive oil and add the chopped onion. Saute over low heat until the onion is thoroughly soft. Remove from heat and allow to cool slightly.
2. Combine all the soup ingredients (including the cooked onion) in a blender and puree until smooth. Refrigerate the mixture overnight.
3. Strain the soup of any solids and taste for seasoning. (Straining the soup is optional.)
4. Serve with a few corn kernels sprinkled over the top plus lima beans and cilantro. May also drizzle the top with EVOO and a tiny bit of lime juice.

- 1/2 cup red onion, chopped coarsely
 - 1 tablespoon olive oil
 - 1 whole jalapeno chile pepper, seeded, chopped
 - 1/4 cup fresh ginger, chopped coarsely
 - 4 cloves garlic, peeled
 - 1 1/3 cups creamed corn, canned
 - 1 pound frozen corn, defrosted
 - 1 quart milk, or half and half or soy milk
 - 2 tablespoons ground cumin
 - 2 tablespoons ground cardamom
 - 1 1/2 tablespoons honey
 - 1/2 cup EVOO
 - 2 tablespoons fresh lime juice
 - salt and freshly ground black pepper to taste
- GARNISH:**
- 3/8 cup fresh corn
 - 3/8 cup lima beans, frozen, defrosted (optional)
 - Fresh cilantro sprigs
- May also drizzle a bit of EVOO on top and squeeze a tiny bit of fresh lime juice

Per Serving (excluding unknown items): 356 Calories; 20g Fat (48.8% calories from fat); 9g Protein; 39g Carbohydrate; 5g Dietary Fiber; 17mg Cholesterol; 190mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com