

Sopa de Calabacitas

Estela Salas Silva, Gourmet 9/2007



1/2 pound pasilla chile, 2 or 3
1 1/2 pounds zucchini, or calabacitas squash, cut in 3/4 inch cubes
2 whole leeks, cleaned, chopped (not in original recipe)
1 cup onion, chopped
3 whole garlic cloves, minced
2 tablespoons unsalted butter
2 cups low-sodium chicken broth
2 cups water
2 cups fresh corn kernels, about 3-4 ears
3 tablespoons cilantro, or more to taste
2 tablespoons fresh dill, or epazote leaves, chopped
1 teaspoon serrano pepper, minced, or 1 jalapeno, minced, seeded
1 cup heavy cream
salt and pepper to taste, or to taste
1 cup squash blossoms, coarsely chopped, optional

Servings: 8

Soup can be made one day ahead and chilled, covered. Calabacitas are a Mexican squash, similar to a zucchini, but usually shorter and have a more yellow and green speckled skin. I added the leeks, which were tasty, but not traditional to this soup. Eliminate if you'd prefer. This makes about eight 1-cup servings - if you want this for an entree serving, this would likely serve four people.

1. Roast poblanos: roast on their sides on racks of gas burners, 1-2 chiles per burner, on medium-high heat (or on rack of a broiler pan 2 inches from broiler), turning frequently with tongs, until skins are blistered and lightly charred all over, 4-6 minutes (6-8 if broiling). Transfer to a large bowl, then cover with a plate and let stand 20 minutes. Peel or rub off skin. Slit poblanos lengthwise, then stem, seed and devein. Cut poblanos in 1/2 inch squares.
2. Soup: cook zucchini, onion, garlic and 1 1/2 teaspoons salt in butter in a wide 4-6 quart heavy pot over medium heat, stirring, until vegetables are softened. Add broth, water, poblanos and corn and simmer, partially covered, until corn is tender, about 5 minutes.
3. Puree 2 cups soup in a blender with cilantro, epazote (or dill) and serrano or jalapeno chile until smooth (use caution when blending hot liquids). Return to pot.
4. Stir in cream, the squash blossoms (if using, using remainder for garnish), salt and pepper to taste. Return to simmer, then serve garnished with blossoms.

Per Serving (excluding unknown items): 208 Calories; 15g Fat (58.4% calories from fat); 6g Protein; 18g Carbohydrate; 3g Dietary Fiber; 49mg Cholesterol; 34mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.

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