



## Chilled Fresh Corn Soup

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 8 ears of fresh yellow corn (shucked), divided
- 1 cup diced yellow onion (from a medium to large onion)
- 4-6 medium garlic cloves, minced
- 2 tablespoons butter
- 2 tablespoons O&V [Roasted Garlic oil](#) \*
- 2 cups vegetable stock (or water)
- 1½ teaspoons kosher salt
- 1 teaspoon fresh cracked pepper
- 5 tablespoons O&V [Unflavored EVOO](#) (divided, plus more for drizzling) \*
- 2 teaspoons O&V [Marc de Champagne vinegar](#) \*
- ½ red Serrano or Fresno pepper, diced
- 1 teaspoon lemon juice
- 4-6 teaspoons O&V [Pesto alla Genovese](#) \*

### Preparation

Cut the kernels from 6 corn cobs into one bowl. Cut the kernels from the remaining two cobs into a separate bowl (this is for the corn relish topping/garnish).

Using the large holes of a box grater, scrape the 8 cobs into a third bowl to collect all the liquid and pulp (also called the cream). Discard the cobs.

In a skillet or medium pot, heat the butter and roasted garlic oil over medium heat. Add the diced onions and cook, stirring often until tender and translucent (about 4-6 minutes). Don't let the onions brown.

Add the corn kernels from the 6 cobs, the garlic, salt and pepper and cook another 3-5 minutes, stirring occasionally. Add the vegetable stock, and reserved corn liquid and pulp. Bring to a boil, and then reduce the heat to medium low and simmer for 5-6 minutes. Remove from the heat and allow to cool slightly (5 minutes).

Transfer the mixture to a blender (you may have to do this in two batches) and add 4 tablespoons of the Unflavored EVOO. Remove the center of the blender lid to allow steam to escape, secure the lid of the blender and hold a clean kitchen towel over the opening lightly. Process till the mixture is completely smooth and creamy.

Pour the mixture into a bowl through a fine mesh strainer. Using the back of a spatula, press the pulp through the strainer into the bowl extracting as much liquid as possible. Discard the solids remaining in the strainer.

Stir the vinegar into the soup, taste and add salt and pepper as needed to adjust to your liking. Cover and chill for 4-8 hours.

Prepare the corn relish by combining the remaining two cobs of corn kernels with the minced Serrano pepper, lemon juice, remaining 1 tablespoon of Unflavored EVOO, and season with salt and pepper to taste. This will be part of the garnish for the soup.

Pour about 4 oz of soup per serving into small bowls, drizzle the top with a teaspoon of pesto, a big dollop of the corn and chili mixture and a small drizzle of Unflavored EVOO right before serving.

Serves 4-6

Active time 45 minutes Total Time: 45 minutes plus time to chill the soup (4-8 hours)

### Notes

\* The [Roasted Garlic oil](#) adds nice subtle garlicky flavor, you can substitute with additional butter or an [Unflavored EVOO](#) and add additional minced garlic. The addition of the [Unflavored EVOO](#) to the blender adds creaminess to the soup along with the crisp and fresh tang of the [Marc de Champagne vinegar](#). Finally, for a beautiful presentation and basil-y flavor, I love a drizzle of the [Pesto alla Genovese](#) (which is also vegan!) or you can simply eliminate and serve with just the corn relish.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Soups & Salads, Gluten Free, Dairy Free, Easy Entertaining, Soup Appetizer, Vegetarian, Vegan, Pesto alla Genovese, Marc de Champagne vinegar, Roasted Garlic Oil, Unflavored EVOO, Cold Soup, Chilled Corn Soup, Spicy Corn Relish, Fresh Summer Corn,