

Fresh Corn Soup



Ingredients:

- 3 ears fresh corn
- 1 fresh red pepper
- 2 tablespoon olive oil
- 1 tsp salt
- 3 1/2 cups (800ml) water
- 2 tablespoons margarine
- 1 small red onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1/4 tsp chipotle powder or smoked paprika
- 1/2 cup (125ml) whole milk

For garnish: Chopped fresh basil, flat-leaf parsley, or chives

Directions:

1. Preheat the oven to 375°F
2. Remove the corn from the cob, save the cobs for later. Remove the stem and seeds from the pepper. Dice the pepper into pieces the size of the corn kernels.
3. Toss the corn kernels and pepper with the olive oil and salt, spread evenly on the baking sheet, and bake for 25 to 30 minutes, stirring a couple of times - roasting until the corn just starts to brown a bit.
4. While the corn is cooking, cut the cobs into 4 pieces and put them in a saucepan with the water. Bring to a simmer, cover, and let cook for 30 minutes over low heat, to extract the corn flavor.
5. Melt the margarine in a large saucepan. Add the onions and garlic, and cook over medium heat, stirring frequently, until translucent, 6 to 8 minutes.
6. Add the roasted corn and peppers to the pot, then strain the corn cob liquid into the pot as well. Stir in the chipotle powder or paprika, and bring to a boil. Simmer for a few minutes, and add the milk. Add additional chipotle powder to taste if desired. When warmed through, ladle the soup into bowls. Top each with chopped basil, parsley, or chives.

Makes 4 servings