



COCONUT CORN SOUP

INGREDIENTS

US	Metric	
1/2 Cup	120 ML	Yellow Bell Pepper 1 each
1/2 Cup	120 ML	Sweet Onion 1/2 each
3 Cups	700 ML	Sweet Corn 4 ears
13.5 oz	400 ML	Coconut Milk 1 can
1/2 Cup	120 ML	Crushed Corn Chips
1 Cup	235 ML	Water
1/2 Tbsp	7 ML	Salt
1/2 Tsp	2.5 ML	Black Pepper

DIRECTIONS

Step 1. Place Sweet Corn and Yellow Bell Pepper on the grill over Med/High heat. Grill Corn for 15-20 minutes rotate every 5 minutes.

Cook Bell Pepper until skin is black. Then place in a bowl and cover with plastic wrap for at least 5 minutes. Remove all the seeds and skin. Do not rinse. Use a knife to scrape away any skin or seeds that are being difficult.

Step 2. Small dice Onion. Open Coconut Milk and spoon off 2 tablespoons of the solidified Coconut Cream that forms on the top half of the can. In a large Dutch Oven sautee Onion in the coconut cream over low heat till onions start becoming translucent, about 10 minutes.

Step 3. Once corn is cooked, remove from grill and let rest for 5-10 minutes. Remove husks and as much of the hairies as possible. Cut Corn off the cobb in a bowl to reduce mess. After corn is cutt from cobb, run the back of the knife over the cobb to extract as much corn milk as possible

Step 4. Add Corn, Yellow Bell Pepper, Water, and Coconut Milk to the Onion in the dutch oven and bring to a simmer for 5 minutes.

Step 5. Ladel out 1 Cup of the liquid from the soup and set aside. Transfer the rest of the soup to a blender along with the Crushed Corn Chips. Blend on high for 2 minutes. Check for seasoning and consistency. Add back reserved liquid to reach your desired consistency. Blend again. Rinse and wipe clean your dutch oven during blending.

Step 6. Strain the Sweet Corn Soup through a chinois into dutch oven or your storage container of choice. Use a ladel or spatula to work all the liquid through the chinois.

Step 7. Serve immediatley or cool down using an ice bath before storing refrigerated up to 5 days.