



This delicious, rich and fragrant corn and leek soup is thick and creamy. Farm fresh corn is optimum, but flash-frozen freshly harvested corn is great for the-off-season. Blended with fresh basil and thyme, unsweetened coconut milk thickens and adds a silky texture. Serve chilled on a warm day or piping hot on a chilly night.

CORN & LEEK COCONUT CREAM SOUP

INGREDIENTS

Splash of olive oil
1 large Vidalia or yellow onion, halved, sliced
2 leeks, cleaned, halved and sliced
2 cloves garlic, roasted and smashed to paste
3 ears of corn, shucked and cut off the cob
2-3 sprigs fresh thyme, chopped
4-6 fresh basil leaves
3 cups/750 ml vegetable stock, heated
Maldon sea salt and cracked pepper, to taste
15 oz/425 ml can of coconut milk

Optional: for a hearty variation; par-boil 1 large potato, diced

Optional Garnish: reserve 3 tbsp/45 ml corn and leek mixture and top with deep fried potato shreds

METHOD

Heat oil, sauté onions, and leeks over low heat in a heavy saucepan until soft and lightly browned. Add roasted garlic and the corn-off-the-cob (add par-boiled potato if using). Continue to cook until lightly browned. Add the chopped thyme and basil mix to combine. Deglaze the pan with warm vegetable stock and reduce until thick. Add ½ cup/125 ml vegetable stock at a time and reduce until the mixture thickens, about 10 minutes. Repeat this step until you have used 2 cups/500 ml of the vegetable stock. This process will help further develop the flavors.

Remove the pan from the heat; transfer half of the mixture for a chunky version and all of the mixture for a smooth soup to the blender. Add the remaining vegetable stock and blend until smooth. Transfer the pureed mixture back into the pan. Add the reserved chunky corn-leek mixture into the puree if you are making a chunky version. Adjust the seasoning with salt and pepper to taste. Stir in the coconut cream and reduce the mixture until thick and creamy or with the desired consistency. Optional - garnish with corn-leek mixture and crispy potato shreds.