

Chilled Avocado-Corn Soup with Cilantro Oil

Serves: Four

This smooth, subtly flavored soup is delicate enough to precede a multicourse meal and casual enough for a picnic. Make it a couple of days ahead, and the rich flavors of avocado, sweet corn, and lime will bloom even more. The cilantro oil adds a swirl of finesse with minimal fuss.

Cilantro Oil:

1 cup coarsely chopped fresh cilantro leaves
¼ cup extra-virgin olive oil
½ teaspoon kosher salt

Soup:

1 ear corn, husks removed
1 quart low-sodium vegetable broth
1 garlic clove, smashed
1 medium white onion, chopped
Kosher salt
2 firm but ripe avocados, peeled and pitted
4 tablespoons fresh lime juice, divided
¼ cup sour cream

Instructions:

Prepare the cilantro oil: in a blender or small food processor, puree the cilantro, oil, and salt. Pour the mixture into a fine-mesh sieve set over a bowl and let it drain for 15 minutes. Store the oil in an airtight container at room temperature up to 5 days.

Heat a dry, heavy cast-iron skillet over medium-high heat and roast the whole corn, turning occasionally, until charred in spots, about 10 minutes. Transfer the corn to a cutting board and, when cool enough to handle, cut the kernels from the cob. Cut the cob into thirds.

Bring the kernels, cob pieces, broth, garlic, onion and 1 ½ teaspoons of salt to a boil in a large saucepan and boil until the liquid is reduced to about 3 cups, about 20 minutes. Remove from the heat and cool, uncovered. Discard the cob pieces.

Blend soup in a Vitamix or blender with 2 avocados and 3 tablespoons lime juice. Taste for seasoning and add additional salt if desired. Whisk sour cream with remaining 1 tablespoon lime juice.

To Serve, ladle soup into 4 bowls, swirl the thinned sour cream into the surface of the soup, then drizzle cilantro oil over the surface as well. Serve cold.

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