



Corn & Pumpkin Soup with Ginger Lime Cream

Makes 6 servings ~ \$20.71 (\$3.45 per serving)

There is nothing like the taste of fresh sweet corn and fresh pumpkin. This recipe is easy to prepare and utilizes two very basic ingredients in Southwestern cooking: pumpkin and corn. It is a delicious and rich soup, and the ginger-lime cream adds a refreshing zest.

Ingredients

Pumpkin Corn Soup

4 ears of organic yellow sweet corn, kernels scraped from the cob, or 3 cups corn kernels (fresh or frozen)
1 yellow onion, diced
1 tsp. garlic, finely chopped
1 Tbsp. olive oil
1 tsp. kosher salt
1/2 tsp. freshly ground black pepper

6 cups chicken or vegetable stock
3 cups cooked organic pumpkin

Ginger Lime Cream

Juice and zest of 2 limes
1 Tbsp. peeled and grated fresh ginger
1/2 cup organic heavy cream

Directions

1. Prepare the corn by cutting the kernels from the cob. You should have approximately 3 cups of corn kernels from 4 cobs of corn. Save the corncobs and set aside. The cobs will add additional corn flavor to the soup.
2. In a medium sized saucepan over medium-high heat, add the olive oil, then the onions. Sauté for 3 to 4 minutes until the onions are translucent, stirring occasionally to prevent burning. Add the garlic and sauté for 1 additional minute. Add the corn kernels and sauté for another 3 minutes, stirring constantly.
3. Add the salt, black pepper and the stock and bring to a boil. (If you have cut your corn fresh from the cob, place the reserved cobs into the saucepan at this time). Once the mixture has boiled, reduce the heat and simmer for 30 minutes. Stir occasionally to prevent the corn kernels from burning or sticking to the bottom of the pan.
4. While the corn soup is simmering, prepare the ginger lime cream. To make the cream, cook the lime juice and ginger for 2 minutes over medium heat. Remove from heat and pour through a sieve to remove the ginger. In a bowl, combine the ginger and lime juice mixture, the lime zest (save some for garnish), and cream. Whip until mixture is thick. Pour into a squirt bottle or small bowl for pouring onto each soup.
5. Remove the corn soup mixture from the heat, discard the corncobs and set aside. Place the corn soup mixture in a blender (a small amount at a time) and puree for 3 minutes. Pour the mixture through a sieve and discard the contents of the sieve. Combine the corn mixture with the cooked pumpkin. Gently mix together and heat until hot stirring to prevent burning.
6. Pour the soup into each bowl or small pumpkin bowl. Using your squirt bottle or a spoon, pour a small amount of the lime cream over each bowl of soup. I use a circle spiral design, which represents the wisdom of the ancestors, but feel free to be creative here.

Garnish with the lime zest and serve immediately.

Recipe courtesy of Lois Ellen Frank. © All rights reserved.

More tips & recipes at www.localorganicmeals.com