

Rich creamy corn soup

For a 3-4 persons' share

Prep time 8-10 mins, cook time 30 mins

What You Need

400g or 3 ears of fresh corn

80g or 1/2 of an onion

1 Tbsp of butter

150ml of water

100ml of whole milk

50ml of heavy cream

A pinch of salt & pepper to taste

A small amount of chopped parsley for garnishing

1-Husk, wash and shave corns.

Husk your corn and wash them in water to make sure all silk are cleanly removed. Hold firmly on the top end of the corn in a tray and use a sharp knife to slide through it, cutting off the kernels. Rotate and cut all sides until kernels are completely removed. Repeat for the remaining ears of corn. Do not throw away the bare corns. Break them into halves and together with the kernels, set them aside.



2-Slice and wash the onion with salt.

Thinly slice the onion and transfer them to a large bowl. Add a pinch of salt, then give them a good toss to remove any impurities or foreign particles. Wash under running tap subsequently and drain away the water well by using a strainer. Set aside.



3-Stir-fry onions with butter and add corns.

Drop a tablespoon of butter in a pot. Over medium-high heat, add in the onions and stir until translucent. Next, throw in the corn kernels and cook for 3-5 minutes. Stir periodically to prevent burning. Pour in the water and drop the bare corn on top of the kernels.



4-Puree corns to paste and smooth with milk.

Put lid over the pot, reduce heat and let it simmer for 10-15 minutes. When it's the time, take bare corn out from the pot. Still with the heat on, use a handheld blender to puree the corns to paste. You should get a rather smooth and watery texture. Pour in the milk and cream and gradually stir until smooth. Add in salt and pepper according to your preference. Finally, turn up the heat but do not over boil. Take the soup off the heat just before it boils over.



5- Ready to serve.

Scoop the soup into small bowls and garnish with some finely chopped parsley or cooked kernels if desired. Drizzle an extra bit of heavy cream on top and serve immediately. Serve it warm or cold.



Notes:

1. If you have difficulties in finding fresh sweetcorns, it is fine to replace them with frozen ones.
2. To make this a vegan soup, simply use soya milk instead of whole milk. Heavy cream helps to thicken the soup, however potato can do the job well too. Use a medium-big sized potato, peel and dice into small cubes. Add them into the pot and cook together with onion & corn kernels before blending.
3. A plant-based oil will be a good alternative option to replace butter.