

## **Jim Terry's Eldorado Corn Soup Recipe for Kids in the Kitchen**

Just to confirm that tomorrow we'll be going after my most requested recipe, the Corn Soup.

We'll be using these ingredients (this might vary slightly from the scrawled version I passed to you last week, Megan):

4 Very large yellow onions (or six merely large ones)  
1 head of garlic  
7 oz unsalted butter (Organic Valley, natch!) about 1/2 Gallon 2% Milk  
6-8 oz organic white cheese, grated (mozzarella, Jack, mild cheddar)  
4-5 lbs of IQF (Individually Quick Frozen) Sweet Corn Kernels - keep frozen until the last moment  
Habanera Chile Sauce salt

Special equipment:

Immersion blender with some serious power a medium mesh strainer or hole punched stainless strainer large whisk heat diffuser

The procedure is like this:

We peel and slice the onions.

Clean the garlic - removing the little root nubs at the base of each clove. Leave them otherwise whole.

Melt the butter in a capacious, heavy bottomed pot on medium to low heat. Add the sliced onions and whole garlic cloves. Stir up well so the vegetables are well coated with the melted butter. Cover the pot. Every few minutes thoroughly scrape across the bottom of the pan so that the increasingly sloppy (and ever more deliciously fragrant!) mass does not scorch. The onions will 'melt' before the garlic softens so we'll reduce the heat further - a flame diffuser may be useful, depending on the pot and the heat source - and continue to cook, covered, until the garlic cloves are smash-worthy. This can take awhile.

Once we have slop, things move right along:

Add the corn to the slop and stir well to coat.

Add enough milk to loosen the ingredients so they move somewhat easily when stirred.

Increase heat to high, monitor closely! Boil overs are quite inconvenient (and burned milk on the stove surface reeks and is quite a chore to clean off).

Once the slurry begins to foam and rise up in the pot, shut off heat.

Immediately buzz with the immersion blender for a minute or two until the kernels are torn up pretty well - we don't want to puree everything to smoothness or, ironically, the soup becomes unpleasantly grainy.

Strain soup into large vessel that can be placed in a hot water bath. Push the pulp with a sturdy ladle to extract as much liquid as is reasonable. (Reserve pulp in case the resulting soup texture is too thin).

Whisk in cheese a handful at a time until well combined (it's important that the soup be nice and hot so that the cheese melts).

Season with habanera sauce and salt until savory and a bit piquant. Not too hot, though!

Keep hot in a water bath and serve as soon as possible. The soup only has a life of a few hours. The natural sugars in the corn begin to alter and the soup becomes starchy and chowder-like. (Many people tell me it's fine like that. It isn't - it starts to smell like the canned corn served forever in school cafeterias. I have a nostalgic affection for that flavor but it doesn't belong in my soup.)

Opportunities for discussion of basic principals include:

- Saving mistakes
- Learning to 'eyeball' various aspects of preparation: quantities, textures and flavors.
- Learning to recognize indicators of increasing 'doneness'
- Respecting the dangers of hot chilies
- Always - Sanitation and knife skills