



Just Recipes.

Summer Corn Soup with Shrimp

A soup that delicately balances sweet and spicy, with the addition of a zesty shrimp salad that makes it meal-worthy.

Ingredients

Serves 6

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| 1 tbsp | [15 ml] | butter |
| 1 | | medium yellow onion, diced |
| 1 | | large Yukon Gold potato |
| 4 | | ears fresh corn |
| 4 cups | [1L] | vegetable stock (preferably organic) |
| 1 tsp | [5 ml] | fresh ground nutmeg |
| ¼ tsp | [1.25 ml] | cayenne |
| 1 tsp | [5 ml] | dried oregano |
| 1 tsp | [5 ml] | salt |
| | | freshly ground black pepper |
| | | |
| 1 tbsp | [15 ml] | extra-virgin olive oil |
| 20 | | medium shrimp, peeled and tail removed |
| 1 | | avocado |
| 1 | | lime, juice only |
| ½ | | jalapeño pepper, seeded and finely diced |
| 2 tbsp | [30 ml] | finely chopped fresh cilantro |
| 1 | | green onion (scallions) |

To serve

light sour cream or greek yogurt

Method

Heat the olive oil in a medium skillet. Sprinkle salt and pepper over the shrimp. Cook, 3 minutes per side, until just pink. Reserve on a plate and let cool.

Melt the butter in a large pot over medium heat. Add the sliced onions and saute to coat. Cook until the onions are translucent, about 5 minutes. Peel the potato and cut into cubes, add it to the onion, and cook 1 minute. Cut the kernels of corn off the cob with a sharp knife, add them to the soup pot and cook 1 minute. Add the broth, spices, salt and a few grinds of fresh pepper and allow everything to simmer to cook the corn and potatoes through, about 15 minutes.

Dice the cooled shrimp and put in a large bowl. Peel, pit and dice the avocado and put the bowl with the shrimp. Squeeze the lime juice over and mix well. Add the diced jalapeño pepper, the cilantro and the green onion and mix well. Taste and season with salt and pepper if needed. Keep in the fridge until ready to use.

Using an immersion blender or a regular blender, blend the soup to create a puree. Return to the pot, taste and adjust the seasoning as needed. To serve, ladle in individual bowl, spoon a generous tablespoon of light sour cream or greek yogurt then top with a big scoop of the shrimp and avocado mix.



Recipe Credit: Adapted from Sprouted Kitchen

Photo Credit: Marie Asselin

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