



Peas & Corn

Chilled soups are great in the summer or as an on the go meal all year long! Our Tomato soup with sweet peas & corn is a comfort food; best served as a palate cleanse or at the start of a meal.

Timing

Prep time	Total time	Skill level
		Hard

What You'll Need

- > 12 fresh ears corn on cob
- > 2 lbs Red Sun Farmstomatoes
- > 3 garlic bulbs
- > 1small onion
- > 3 celery stalks
- > 2 oz olive oil
- > 2 qts chicken stock
- > 2 tbsp cilantro, chopped
- > Salt and pepper, to taste
- > Juice from 1 lime

> ½ cup sweet peas

Directions

1. Cut corn off cob.
2. Use back of knife to scrape off milk; reserve.
3. Reserve ½ cup of corn kernels for garnish and blanch remaining until soft; chill and reserve.
4. Rough chop tomatoes, onion, celery.
5. Finely chop garlic.
6. In a pot, add olive oil, onion and celery.
7. Cook until semi-soft, not brown.
8. Add tomatoes, garlic and chilled corn and corn milk.
9. Simmer for 5 minutes.
10. Add chicken stock and bring to a simmer and cook for 1 hour.
11. Add soup contents into high speed blender.
12. Puree until smooth.
13. Completely chill until soup is very cold.
14. Add cilantro, blanched corn and peas.
15. Add a squeeze of fresh lime juice and good quality olive oil.
16. Garnish with reserved corn and peas.