

# *Idiot's Kitchen Recipe – Fresh Corn Chowder with Roasted Corn Guacamole*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Epicurious



Ingredients:

### **For the Roasted Corn Guacamole:**

3 ears of corn, kernels removed  
1 Tablespoon olive oil  
1 Tablespoon red onion, finely chopped  
1 jalapeno, seeded and finely chopped  
2 Tablespoons fresh cilantro, finely chopped  
1 lime, zest and juice  
1 avocado, pitted and cubed  
Salt & Pepper

### **For the Fresh Corn Soup:**

5 ears of corn, kernels removed  
2 Tablespoons of olive oil  
1 clove of garlic, peeled and smashed  
½ red onion, chopped  
1 jalapeno, seeded and chopped  
1½ cups chicken broth or vegetable broth  
Salt & Pepper  
Sour Cream for garnish

Preheat the oven to 450 degrees. Cut the kernels off 3 ears of corn and spread them on a foil lined baking sheet. Drizzle with 1 Tablespoon olive oil and season with salt & pepper. Roast for 20 minutes until golden brown and slightly crunchy. Set aside.

For the soup, cut the kernels off 5 ears of corn and put them in a food processor or sturdy blender. In a medium soup pot, heat 2 Tablespoons of olive oil over medium high heat. Add 1 smashed clove of garlic, ½ of a chopped red onion, and 1 jalapeno that has been seeded and chopped. Sauté the vegetables about 5 minutes until tender but not browned. Transfer the vegetables to the food processor with the corn and process until smooth. Scrape down the sides and use the pulse function to get a smooth texture but do not add any liquid to the corn mixture. Pour the corn mixture back into the soup pot and cook over medium heat, stirring constantly, for 3-4 minutes. Add 1½ cups chicken broth (or use vegetable broth to make it vegetarian) and stir to combine. Bring the soup to a boil, reduce the heat to low, cover, and simmer for 15 minutes.

To assemble the guacamole, place 1 Tablespoon of finely minced red onion and 1 finely minced jalapeno in a small bowl. Add the zest of 1 lime and 2 Tablespoons of chopped fresh cilantro. Add the roasted corn and the juice from the lime. Just before you are ready to serve, gently fold in 1 cubed avocado and season to taste with salt & pepper.

Ladle the soup into bowls and serve with a generous spoonful (or two) of the roasted corn guacamole. Top with a dollop of sour cream.

Makes 2-3 generous bowl-sized servings or 4-6 small cups.