



Crookneck Squash And Corn Soup With Humboldt Fog Recipe

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



348 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons basil
- 3 ounces cheese
- 4 cups chicken stock see store-bought
- 0.5 cup corn kernels raw (from 1 ear of corn)
- 1 tablespoon olive oil extra virgin
- 2 garlic clove minced
- 3 large baby squash

- 1 tablespoon butter unsalted
- 1.5 cups onion diced yellow

Equipment

- food processor
- bowl
- frying pan
- ladle
- knife
- pot
- sieve
- blender

Directions

- Cut the squash into 1-inch chunks. Reserve a few squash chunks and cut them into fine pieces. Set the chunks and the pieces aside.
- Pour the broth into a large pot over medium-high heat. In a separate large soup pot, heat the 1 tablespoon butter and olive oil. When the butter is melted, add the onion and cook over medium heat. (Decrease the heat to medium-low and give it a few more minutes if you're not standing over the pot.) After a few minutes, add the garlic. Cook until the onion is translucent, about 10 minutes. Ladle in the warm stock and add the bigger chunks of squash. Don't add the finely chopped squash yet. Simmer until the squash is tender when pierced with a knife, about 20 minutes. Take the pot off the heat, let cool for at least 30 minutes and then puree the squash mixture in a blender or food processor. Push the pureed mixture through a medium-mesh strainer. (Don't use a fine-mesh strainer, or the soup will be too thin.) At this point you can continue making the soup or refrigerate the soup (and don't forget to tightly wrap up and refrigerate the reserved finely chopped squash). When ready to serve the soup, pour it into a pan over medium-low heat. In a skillet, melt the 2 teaspoons butter.
- Add the reserved finely chopped squash and the corn kernels, and sauté, stirring constantly, just until the squash and corn are heated. Take the skillet off the heat. Slice the cheese into six even pieces, and cut the rind from each piece. Discard the rinds. When the soup is hot, stir in the corn and squash bits. Ladle the soup into six bowls. Float one cheese slice into the center of each bowl of soup and top with baby basil leaves. **Chef's Notes:** If you warm the stock

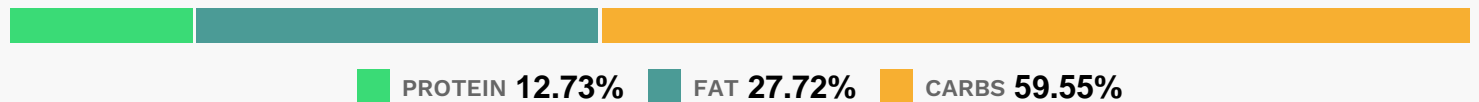
before you pour it into the soup, the final texture will be better.

Pouring cold stock into a hot pan causes a film of butter and oil to rise to the top of the soup. For a creamier soup, stir 2 tablespoons crème fraîche into each bowl of soup before you add the cheese and basil. Warm up with these soup recipes on Food Republic: Rustic Tuscan Bean And Sausage Soup Recipe

Autumn Cabbage And Smoked Meat Borscht Recipe

James Beard's Garlic Soup Recipe

Nutrition Facts



Properties

Glycemic Index: 25.67, Glycemic Load: 1.02, Inflammation Score: -10, Nutrition Score: 30.235217428726%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 348.34kcal (17.42%), Fat: 11.56g (17.78%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 47.39g (17.23%), Sugar: 13.14g (14.6%), Cholesterol: 23.99mg (8%), Sodium: 366.62mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Vitamin A: 40109.85IU (802.2%), Vitamin C: 82.68mg (100.22%), Potassium: 1581.91mg (45.2%), Manganese: 0.85mg (42.53%), Vitamin E: 5.97mg (39.81%), Vitamin B6: 0.75mg (37.57%), Vitamin B3: 7.23mg (36.16%), Magnesium: 144.23mg (36.06%), Fiber: 8.48g (33.94%), Folate: 125.44µg (31.36%), Vitamin B1: 0.46mg (30.73%), Calcium: 298.2mg (29.82%), Phosphorus: 252.22mg (25.22%), Copper: 0.39mg (19.36%), Vitamin B2: 0.3mg (17.58%), Iron: 3.16mg (17.53%), Vitamin B5: 1.67mg (16.66%), Selenium: 9.86µg (14.08%), Zinc: 1.44mg (9.58%), Vitamin K: 9.3µg (8.85%), Vitamin B12: 0.15µg (2.57%)