

Chef Lau's Recipes (II)

Caritas Jockey Club Lok Yan School

Care for the Carer Program

Cooking Class

Fresh sweet corn and hot basil soup

(香草新鮮粟米湯)



Ingredients:

For the fresh sweet corn

4 fresh corn cobs
200gram diced onion
50ml cream
50gram diced butter
1 small bunch fresh hot basil
1small bunch fresh chives
Salt and freshly ground pepper
Serves 4 portion (make 1 liter or 1 3/4 pints)

Cooking method:

The stock - peel and remove all the outer leaves and stalks from the cobs. Using knife, remove all the corn kernels from the cobs and reserve. And then cut the cobs all half.

In a heavy-based pan melt half the butter and add half of the diced onion. Sweat the onion 5 minutes on a medium heat without allowing it to colour. Add the cobs and cook for further 5 minutes without browning. Add 1.5 liter water and bring to the boil. Reduce heat and simmer for 30 minutes. Remove from the heat and allow the stock to infuse for a further 30 minutes before passing it through a fine sieve. Discarding the cobs and the onion.

The soup - in a heavy –based pan melt the remaining butter and add the remaining onion. Sweat the onion for 5 minutes on a medium heat without allowing it to colour. Add the corn kernels and continue to cook for a further 5 minutes. Add the corn stock and simmer around 15 minutes until the corn kernels are tender. Pour the cream and continue to cook for 5 more minutes.

Remove from heat and blend the soup in a blender until smooth, leave the soup for an hour, or even overnight to allow the flavours to infuse, before passing the soup through a fine sieve, pressing hard on the corn to extract as much flavor as possible. place hot basil into the soup for 5-6 minutes to infuse Taste check the seasoning once again serve either hot or chilled.

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