

Chef Sarah Heller

Chilled Corn & Zucchini Soup with Bay Shrimp Salad

Serves 6

Soup Base:

- 1 medium onion
- 5 cloves of garlic
- 3 tablespoons butter
- 3 medium/large zucchini
- 4 cups vegetable stock or water
- 1 teaspoon salt
- 3 ears of fresh corn
- Spices of choice

Soup Garnish

- 1 TBSP Greek Yogurt
- 1 TBSP Chives
- 1 TBSP Basil Chopped
- 2 TBSP Bay Shrimp
- 1 Lemon Juice & Zest
- fresh cracked pepper



Roughly dice the onion and mince the garlic cloves. In a large pot on medium-high heat, add the onion, garlic, and butter to the pot and cook until the onion is soft and translucent - about 10 minutes. While the onion and garlic are cooking, chop the zucchini into one inch cubes (makes about 6.5 cups).

Once the onions have fully cooked, add the chopped zucchini, vegetable broth, and salt to the pot and stir. Increase the heat to high and cook for 15 minutes, allowing the soup to slowly come to a simmer. While the soup is cooking, husk and remove the kernels from the corn (makes about 3 cups of corn).

Once the zucchini is bright green and soft, take the pot off of the heat and blend with an immersion blender or transfer in batches to a traditional blender until the soup is fully blended and smooth. Return the pot back to the stove on medium-high heat and add the corn to the pot. Allow the corn to cook in the soup for about 5 minutes, or until the kernels are cooked but still have some crunch.

While the corn cooks, mix all the ingredients for the shrimp salad in a small bowl and keep chilled. Once the soup is