

Sweet Corn and Zucchini Cream

Written by Janet
Friday, 24 June 2022 13:55 -

4 Zucchini

4 Sweet corn ears, shelled

1 Serrano chile, diced

3 Garlic cloves

1 Thyme sprig

1 Can of chicken broth

1 Pinch of salt

1 Pinch of black pepper

About 4 cups of water

Sour Cream for serving

Crackers for serving

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This is a very delicious cream, sweet and with a pinch of heat. Cut the zucchinis in quarts and put them in a small pot with the 4 cups of water, bring them to boil and cook until the zucchinis are very tender. Take the zucchini out from the pot and reserved a cup or two of the water from the pot where the zucchinis were cooking. In a blender, add the zucchini, the shelled corn, the serrano chile, garlic cloves, thyme sprig and the chicken broth, blend until very smooth. Add everything to a medium pot and bring to a medium simmer, add the pinch of salt and black pepper, cook for 20 mins after this time, check the consistency of your cream if you want it more liquid then add some of the zucchini water until you get your desired consistency. Serve with a dollop of sour cream and some crackers.