

Sip, Slurp and Savour ...

# Alphonsa's Yellow Velvet Soup with Relish

## Ingredients

- 1 tsp olive oil
- 1 medium onion
- 1tsp minced garlic
- 1 bay leaf or 3 curry leaves
- 2 cup fresh corn
- 2 small butternut squash
- 2 cups Vegetable stock
- ½ cup heavy cream
- Salt and pepper to taste
- Cilantro springs for Garnish

## Relish

- ¼ cup olive oil
- 2 cup fresh corn
- ½ red pepper diced finely
- ½ green pepper diced finely
- 1 small jalapeno seeded and finely chopped
- 1 tablespoon curry leaves or fresh oregano
- ¼ cup fresh lime juice
- Dash of green or red Tabasco sauce
- Sea salt and black pepper to taste



## Method:

**To prepare soup:** In a 6-quart pan, heat olive oil over medium heat on high. Add onion and cook until tender. Add corn and squash, cooking 4 to 5 minutes. Add garlic, cook additional 2 to 3 minutes. Add vegetable stock, 2 cups water and bring to a boil. Reduced to simmer and cook until vegetables are soft, about 15 minutes. Puree the mixture with a hand blender. Add cream and simmer it for 5 minutes. Adjust seasoning.

To prepare relish, heat 2 tablespoons of olive oil in a sauté pan over medium heat. Add corn kernels cook for 2 to 3 minutes until corn brightens its color. Drain and set aside to cool. Place diced vegetables in a bowl. Add remaining olive oil and ingredients into vegetable mixture seasoned with salt and pepper to taste.



[www.alphonsas.ca](http://www.alphonsas.ca)

Recipe Courtesy of Alphonsa's.  
29 Harman Drive,  
Ajax, ON  
647-267-8746

*For more information, visit [www.growarow.org](http://www.growarow.org)*