

Flavors from the Garden

Heirloom Vegetable Recipes from Roughwood



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Rizzoli



Saffron Corn Soup

The Pennsylvania Dutch have been cooking with saffron since the 1730s, when it was introduced as a cottage industry. Saffron soon crept into regional cookery and became a classic addition to chicken corn soup. This recipe takes that traditional idea a few steps farther by blending the freshness of sweet corn, fall harvest vegetables, and the rich flavor of saffron into a farmhouse soup with a dash of spicy Merkén sauce. It is the perfect starter soup for Thanksgiving, or the local Pennsylvania Dutch equivalent called Harvest Home; furthermore, it is elegant, light, and easy to make even with vegetable stock.

Serves 6 to 8

4 tablespoons unsalted butter

1 medium onion, coarsely chopped

3 cups thinly sliced leek (white part only)

3 cups grated white sweet corn, cobs reserved

2 cups peeled and chopped potato

6 cups chicken or vegetable stock

½ teaspoon powdered saffron

1 cup finely diced carrot

2 teaspoons sugar, optional (depending on sweetness of corn)

2 teaspoons sea salt, or to taste

1 cup Merkén Sauce (page 73), for serving

Sliced chives, for garnish

In a deep stewing pan, melt the butter over medium heat. Add the onion and leek, cover, and sweat until the vegetables are soft but not changing color, about 5 minutes. Add the grated corn, reserved cobs, potatoes, and stock. Cover and stew until all the ingredients are tender, about 30 minutes. Discard cobs.

Transfer the cooked vegetables and liquid to a food processor or blender and puree until thick and smooth, working in batches if necessary. Transfer to a deep work bowl and stir in the saffron.

Bring a small saucepan of water to a rapid boil over medium-high heat. Add the diced carrot and cook just until tender, about 3 minutes. Drain and add the carrots to the puree. Add the sugar, if using, and salt, and adjust seasoning.

Serve the soup chilled or reheat and serve hot. Dot or drizzle *merkén* sauce over each serving and garnish with chives.