

chicken and sweet corn soup recipe

Chicken and Sweet Corn Soup Recipe: A Comforting Bowl of Flavor

Chicken and sweet corn soup recipe is a timeless classic that brings warmth and comfort to any meal. Whether you're looking for a light appetizer or a soothing bowl on a chilly evening, this soup combines tender chicken, sweet kernels of corn, and a delicate broth that's both nourishing and delicious. Its universal appeal and simple preparation make it a favorite across many households and restaurants, especially for those who crave something hearty yet gentle on the palate.

If you've ever wondered how to craft this delightful soup at home, you're in the right place. This article delves into the nuances of making the perfect chicken and sweet corn soup, exploring ingredients, cooking tips, and variations that will elevate your culinary experience. Plus, you'll learn some handy secrets to balance flavors and textures, ensuring your soup is as satisfying as it is scrumptious.

Understanding the Ingredients Behind Chicken and Sweet Corn Soup

The magic of chicken and sweet corn soup lies in its simplicity and the harmony of its ingredients. Let's break down the core components and why they're essential.

Chicken: The Heart of the Soup

Using the right chicken is crucial. Traditionally, skinless chicken breast or thigh meat is preferred due to its tenderness and mild flavor. Thighs add a richer taste and remain moist, while breasts are leaner and cook faster. For a richer broth, some cooks simmer the whole chicken or use chicken bones to create a homemade stock. This adds depth and a natural umami that store-bought broths often lack.

Sweet Corn: Adding Natural Sweetness and Texture

Sweet corn is the star that brings a subtle sweetness and a delightful crunch to the soup. Fresh corn kernels are ideal when in season, but canned or frozen corn works perfectly and is convenient year-round. The natural sugars in corn balance the savory chicken, creating a harmonious flavor profile.

Broth: The Flavor Carrier

A good chicken broth or stock forms the base of this soup. Homemade broth is best for its robust flavor, but quality store-bought broth can save time without sacrificing taste. Some recipes include a splash of soy sauce or sesame oil to enhance the broth's complexity, introducing a subtle Asian-inspired twist.

Step-by-Step Chicken and Sweet Corn Soup Recipe

Cooking this soup is straightforward, and the ingredients come together quickly. Here's a tried-and-true method to make a comforting pot of chicken and sweet corn soup.

Ingredients You'll Need

- 1 cup cooked chicken, shredded or diced
- 1 cup sweet corn kernels (fresh, frozen, or canned)
- 4 cups chicken broth or stock
- 1 tablespoon cornstarch mixed with 2 tablespoons water (for thickening)
- 1 egg, lightly beaten
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 teaspoon ginger, grated (optional)
- 2 teaspoons soy sauce
- 1/2 teaspoon white pepper
- Salt to taste
- 1 tablespoon vegetable oil
- Chopped spring onions or cilantro for garnish

Instructions

1. Heat oil in a pot over medium heat. Add the chopped onion, garlic, and ginger, sautéing until fragrant and translucent.
2. Pour in the chicken broth and bring it to a gentle boil.
3. Add the sweet corn kernels and cooked chicken to the pot. Let it simmer for about 5 minutes to meld the flavors.

4. Stir the cornstarch slurry into the soup to thicken it slightly, stirring continuously to avoid lumps.
5. Slowly pour the beaten egg into the soup in a thin stream while stirring gently to create silky egg ribbons.
6. Season with soy sauce, white pepper, and salt according to your taste preferences.
7. Remove from heat and garnish with chopped spring onions or cilantro for a fresh touch.

Tips for Perfecting Your Chicken and Sweet Corn Soup

Achieving the ideal balance in chicken and sweet corn soup requires some attention to detail. Here are a few helpful tips to keep in mind:

Choosing the Right Corn

If available, fresh corn on the cob is unbeatable in flavor. Slice the kernels off the cob and add them to your soup for a burst of freshness. If using frozen corn, thaw it beforehand to prevent the soup from cooling down too much when added.

Enhancing the Broth

For a richer broth, simmer chicken bones with aromatics like celery, carrots, and bay leaves for a few hours before straining. Alternatively, adding a dash of fish sauce or oyster sauce can deepen the umami notes without overpowering the delicate sweetness of the corn.

Egg Ribbons Technique

To create beautiful egg ribbons, ensure the soup is simmering gently—not boiling vigorously. Pour the beaten egg slowly and stir gently in one direction. This prevents the egg from clumping and helps it disperse evenly.

Adjusting Thickness

If you prefer a thicker soup, increase the amount of cornstarch slurry gradually. Be cautious, as too much thickener can make the soup gluey. The ideal consistency is smooth and slightly viscous, coating the back of a spoon.

Variations and Serving Suggestions

One of the joys of chicken and sweet corn soup is its versatility. You can easily adapt it to suit different dietary needs or flavor preferences.

Vegetarian Version

Replace chicken broth with vegetable broth and omit the chicken. Add tofu cubes or mushrooms like shiitake for protein and texture. Sweet corn remains the star, providing natural sweetness.

Spicy Twist

For those who like a bit of heat, add chili flakes or a dash of hot sauce. A sprinkle of freshly chopped chili or a drizzle of chili oil can add a warming kick without overshadowing the soup's gentle flavors.

Incorporating Noodles or Rice

To make the soup more filling, consider adding cooked rice or thin rice noodles. This turns the soup into a hearty meal suitable for lunch or dinner.

Garnishes and Extras

Fresh herbs like cilantro or parsley add a burst of freshness. Toasted sesame seeds or a few drops of toasted sesame oil can introduce a nutty aroma. For extra crunch, sprinkle fried shallots or crushed peanuts on top.

Why Chicken and Sweet Corn Soup Remains a Beloved Choice

This soup's enduring popularity stems from its comforting nature and nutritional benefits. Chicken provides lean protein, while sweet corn offers fiber and essential vitamins. The broth hydrates and soothes, making it a go-to remedy during cold seasons or when feeling under the weather.

Moreover, the soup's gentle flavors appeal to all ages, making it a family-friendly option. Its quick preparation and adaptability mean it fits effortlessly into busy lifestyles without sacrificing taste or quality.

If you've never tried making chicken and sweet corn soup at home, this recipe is an excellent starting point. With simple ingredients and straightforward steps, you can enjoy a restaurant-quality dish that warms the soul and delights the senses. Whether as a starter or a wholesome meal, this soup brings a

touch of home-cooked love to your table every time.

Frequently Asked Questions

What are the main ingredients needed for chicken and sweet corn soup?

The main ingredients for chicken and sweet corn soup include chicken breast or shredded chicken, sweet corn kernels, chicken broth, eggs, cornstarch, ginger, garlic, and green onions.

How do you make chicken and sweet corn soup thick and creamy?

To make the soup thick and creamy, mix cornstarch with water to create a slurry and slowly add it to the boiling soup while stirring. This thickens the broth, giving it a smooth and creamy texture.

Can I use canned sweet corn for chicken and sweet corn soup?

Yes, canned sweet corn can be used as a convenient alternative to fresh corn. Just drain it before adding to the soup and adjust the seasoning if needed.

Is chicken and sweet corn soup suitable for a low-calorie diet?

Yes, chicken and sweet corn soup is generally low in calories, especially if made with lean chicken breast and minimal oil, making it a healthy option for a low-calorie diet.

How long does it take to prepare chicken and sweet corn soup?

Preparation and cooking time for chicken and sweet corn soup typically takes about 30 to 40 minutes, including chopping ingredients and simmering the soup.

What are some good variations or additions to chicken and sweet corn soup?

Common variations include adding mushrooms, tofu, or vegetables like carrots and peas. You can also spice it up with a dash of white pepper or chili flakes for extra flavor.

Additional Resources

Chicken and Sweet Corn Soup Recipe: A Culinary Exploration

Chicken and sweet corn soup recipe represents a timeless classic in global cuisine, cherished for its comforting warmth and delicate balance of flavors. This nourishing dish combines tender chicken

with the subtle sweetness of corn, delivering a soup that is both satisfying and versatile. In examining this recipe, it is crucial to understand not only the preparation methods but also the culinary intricacies that elevate it beyond a simple broth.

Understanding the Essence of Chicken and Sweet Corn Soup

At its core, chicken and sweet corn soup is a harmonious interplay between protein-rich chicken and the natural sugars of sweet corn. Originating from East Asian culinary traditions, this soup has transcended regional boundaries, appearing in various forms across Western and fusion cuisines. The appeal lies in its simplicity and adaptability, making it a staple in both home kitchens and sophisticated dining establishments.

The soup's base typically involves a clear broth, often chicken stock, which serves as the canvas for other ingredients. The sweetness of the corn complements the savory notes of the chicken, creating a layered taste profile. Additionally, textural contrasts—such as the crunch of fresh corn kernels against the softness of shredded chicken—enhance the overall sensory experience.

Core Ingredients and Their Roles

Key components of a chicken and sweet corn soup recipe include:

- **Chicken:** Generally, boneless chicken breast or thighs are used. Breast meat offers a lean, tender texture, while thighs contribute richer flavor due to higher fat content.
- **Sweet Corn:** Fresh, canned, or frozen corn kernels can be utilized. Fresh corn imparts the most vibrant sweetness, whereas canned or frozen versions provide convenience without significant flavor compromise.
- **Broth:** Homemade or store-bought chicken stock forms the liquid base. A well-prepared broth adds depth and complexity, making it a vital element in the soup's success.
- **Thickening Agents:** Cornstarch or arrowroot powder is often incorporated to achieve the characteristic slightly thickened, silky texture.
- **Seasonings:** White pepper, salt, and occasionally a dash of sesame oil or soy sauce enhance the soup's flavor profile.

Step-by-Step Preparation: Maximizing Flavor and

Texture

The preparation of chicken and sweet corn soup involves careful attention to ingredient handling and cooking times. Overcooking chicken can lead to toughness, while undercooking corn may result in a less pronounced sweetness.

Preparing the Chicken

For optimal tenderness, chicken should be poached gently in the broth rather than boiled vigorously. This method preserves moisture and prevents the meat from becoming stringy. Once cooked, the chicken is shredded finely to distribute evenly throughout the soup, ensuring each spoonful contains a balanced amount of protein.

Incorporating the Corn

When using fresh corn, kernels are cut from the cob and added during the simmering phase to allow their natural sugars to infuse the broth. Frozen or canned corn should be rinsed to remove any preservatives or excess salt and added later in the cooking process to maintain their texture.

Thickening Techniques

A slurry made from cornstarch and cold water is gradually introduced while stirring continuously to avoid lumps. This thickening step is crucial for achieving the signature smooth consistency without overpowering the lightness of the broth.

Variations and Enhancements: Tailoring the Soup to Diverse Palates

While the traditional recipe remains popular, numerous variations exist to cater to dietary preferences and cultural influences.

Vegetarian and Vegan Alternatives

Replacing chicken with tofu or mushrooms can provide plant-based protein options. Vegetable stock substitutes the chicken broth, and nutritional yeast or miso paste can add umami depth to compensate for the absence of meat.

Spice and Flavor Adjustments

Adding ginger or garlic introduces aromatic complexity, while a hint of chili can offer a mild heat that contrasts with the sweetness of the corn. Herbs such as cilantro or scallions are frequently used as garnishes to impart freshness.

Texture Modifications

In some renditions, beaten eggs are drizzled slowly into the hot soup to create delicate egg ribbons, reminiscent of egg drop soup. This addition enriches the mouthfeel and visual appeal.

Nutritional Insights and Health Considerations

Chicken and sweet corn soup is often perceived as a healthful option, especially when prepared with minimal oil and fresh ingredients. It provides a good source of lean protein, vitamins, and dietary fiber. Corn contributes antioxidants such as lutein and zeaxanthin, beneficial for eye health. However, commercially prepared versions can be high in sodium and preservatives, so homemade recipes are preferable for those monitoring their salt intake.

Comparative Analysis: Homemade vs. Store-Bought

A comparative review reveals that homemade chicken and sweet corn soup generally contains fewer additives and can be customized to suit individual nutritional needs. Store-bought soups, while convenient, often sacrifice freshness and may include artificial thickeners or flavor enhancers. For health-conscious consumers, investing time in preparing the soup from scratch offers superior taste and dietary benefits.

Cooking Tips and Common Pitfalls

Mastering this soup requires attention to detail:

- **Avoid Over-thickening:** Excessive cornstarch can result in a gluey texture, detracting from the soup's delicate nature.
- **Balancing Seasoning:** Gradual seasoning adjustments during cooking prevent overpowering saltiness or blandness.
- **Maintaining Texture:** Adding corn too early may lead to mushiness; timing is key.
- **Consistent Shredding:** Uniform chicken shredding ensures even distribution and an appealing mouthfeel.

Seasonal availability of fresh corn can also influence the final flavor. When fresh corn is out of season, sourcing high-quality frozen kernels is advisable to maintain sweetness.

Exploring chicken and sweet corn soup recipe variations offers a window into the adaptability of this dish across culinary traditions. Its capacity to be both a simple home remedy and a refined appetizer underscores its enduring popularity. Whether served as a light starter or a warming main course, the interplay of tender chicken, sweet corn, and savory broth continues to satisfy palates worldwide with its comforting and nourishing qualities.

Chicken And Sweet Corn Soup Recipe

chicken and sweet corn soup recipe: The Strong Curves Cookbook Shelley Darlington, 2024-01-09 Build strength, trim fat, and feel great with over 100 delicious low-carb, high-protein recipes from one of Australia's most popular YouTube personal trainer and nutritionist, Shelley Darlington.

chicken and sweet corn soup recipe: Matt Preston's 100 Best Recipes Matt Preston, 2012-11-01 No one knows food like Matt Preston - one of Australia's most loved TV personalities, award-winning food writer, judge on MasterChef Australia... and a seriously good home cook. Gathered here for the first time are Matt's recipes for the food he cooks at home for his own family - from his award-winning raspberry jam and ultimate bolognese sauce to the creamiest pumpkin soup and the only muffin recipe you'll ever need. These are simple, delicious recipes that work; a virtual A-Z of ideas for bringing a whole new world of flavour to the things you cook every day. This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

chicken and sweet corn soup recipe: Huey's Greatest Hits Iain Hewitson, 2002-11-01 You asked for it ...so here it is: a collection of the most requested recipes from ten years of Huey's TV shows, served up with a sprinkling of entertaining viewer correspondence and a generous dollop of Huey's greatest hints. You certainly don't need to be a rocket scientist to work out which recipes are a hit on the box. Five minutes after the show has screened the phone and computer lines run hot and two seconds after the cameras stop rolling the crew are tucking in. After Warm Chicken Salad screened, 10 000 recipe requests arrived within 24 hours.

Here in the one volume are 250 of the most requested, quick and easy, tried-and-true guaranteed successes to feed the family and entertain friends. Included are: Cam's Chocolate Mud Cake, Sybil's Chicken Fricasse, Terrific Steak Sanga, Lasagne, Huey's Very Own Caesar Pasta, Sticky Date Pudding, Xmas Ice-cream Pudding, Warm Chicken Salad (of course!) Huey's infamous 'handful of this and a dash of that' style of cooking and his easy-to-follow recipe layout have made him the kitchen god of millions of fans everywhere.

chicken and sweet corn soup recipe: Baby-Led Weaning Recipe Book Annabel Karmel, 2019-04-09 A complete recipe guide to weaning babies and toddlers into solid foods from the UK's #1 children's cooking author. For 25 years, Annabel Karmel has been the person families turn to when it comes to delicious, nutritious recipes for weaning children onto solid food. While lots of parents start out with smooth spoon-led purees, baby-led weaning (BLW) is fast growing in popularity. But you don't have to choose one or the other. Baby-Led Weaning Recipe Book is designed to offer a flexible approach to weaning. These expert recipes are designed to offer a flexible approach to weaning with simple methods and everything parents need to know about getting started with self-feeding. Baby-Led Weaning Recipe Book is a must-have resource for parents and is the perfect standalone guide for those wanting to explore this method exclusively.

chicken and sweet corn soup recipe: Top Secret Restaurant Recipes 2 Todd Wilbur,

2006-12-26 #1 bestselling Top Secret Recipes series! The kitchen clone recipe king is back with a new Top Secret Restaurant Recipes collection—the first since his bestselling Top Secret Restaurant Recipes, which has sold over one million copies. Wilbur takes readers behind the scenes of big-name restaurants like Olive Garden, Applebee's, and Outback Steakhouse, revealing the key ingredients and tricks of the trade they use to keep diners coming back for more. The book will feature 150 recipes, including: • Red Lobster® Cheddar Bay Biscuits • Cheesecake Factory® White Chocolate Raspberry Truffle® Cheesecake • Romano's Macaroni Grill® Penne Rustica® • California Pizza Kitchen® Thai Crunch Salad • Original Pancake House® Apple Pancake • Chili's® Southwestern Eggrolls • Houston's® Chicago-Style Spinach Dip • Tony Roma's® Baked Potato Soup Forget takeout—with these fun recipes and blueprints, all using ingredients you can buy at your local supermarket, you can re-create your favorite restaurant signature dishes right in your own kitchen.

chicken and sweet corn soup recipe: Catering and Food Services Recipe for Fifty Graham Allen, 2012-02-18 Catering and Food Services Recipe for Fifty is a part of planning a menu and costing for chefs and managers. The times have changed & formal occasions have become less frequent, but many meals still retain the old form of European quality. The largest influence in Catering and Food Services Recipe for Fifty has been the range of Middle Eastern & Asian foods, which come from the use of fresh produce. This is reflected by the range of recipes & ideas gathered in this

chicken and sweet corn soup recipe: Recipes from the Farmhouse Gooseberry Patch, 2019-12-11 Delicious family favorites made with wholesome farm-fresh ingredients.

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chicken and sweet corn soup recipe: The Complete Soup Cookbook The Coastal Kitchen, 2022-09-20 Over 300 satisfying homemade soups and stews that bring warmth and flavor to the table. With these versatile and essential recipes you can make stews, bisques, chowders, stocks, and more. This nutrient-packed collection contains family classics, traditional recipes, and regional favorites from around the world. These hearty, nourishing recipes are perfect for all seasons, so you can enjoy a light cucumber gazpacho in the summer, a spicy pumpkin soup in the fall, or a comforting French onion soup on a cold winter night. With these year round recipes, you can take advantage of each season's freshest ingredients. This cookbook also includes a number of recipes that you can adapt for slow cookers, so you can set it and forget it. From hearty chowders to creamy bisques and rich vegetable stews, you'll find inventive varieties sure to become family favorites. Inside you'll find: - Over 300 easy-to-follow recipes including Bread Soup with Pita Bread, Tomato and Beef Soup, Acorn Squash Soup, Indo-Chinese Hot and Sour Soup, and more. - Recipes for all

palates utilizing meats, seafood, legumes, nuts, and grains, plus vegan and gluten-free options. - Additional recipes for broths, stocks, and chilled soups, and over a dozen breads for dipping in soups and stews. - A variety of family-friendly recipes designed to be ready in 30 minutes or less. Soup doesn't have to be an appetizer. These soups make great standalone meals perfect for potlucks, holiday parties, family dinners, cookouts, cold nights, lunches, and more. Enjoy these wholesome recipes year round with *The Complete Soup Cookbook*.

chicken and sweet corn soup recipe: *Family Dinners* Cider Mill Press,, 2024-12-24 There's nothing better than a home-cooked meal. Whether you're looking for no-fuss weeknight dinners or recipes to wow everyone at the table, this cookbook is bursting with over 300 quick, easy, and delicious recipes. Say goodbye to dinnertime stress--these recipes will satisfy the pickiest eaters and the most adventurous foodies. From quick weeknight meals to family-favorite comfort foods and special Sunday roasts, there's something for every occasion. Reduce stress with Slow-Cooker Bolognese, keep the mess at a minimum with Honey Mustard Chicken, and enjoy a healthy midweek pick-me-up with Garlic Broccoli Shrimp Stir-Fry. With minimal prep time and maximum flavor, you can put homecooked meals on the table on even the most hectic days. This cookbook: Includes 300+ hassle-free weeknight meals Uses ingredients that are both accessible and affordable Provides suggestions for repurposing leftovers From one-sheet wonders to 30-minute meals, these dishes are as easy as they are delicious. Forget takeout--it's time to embrace the joy of home cooking! Make weekday meals a joy, not a chore with *Family Dinners: The Ultimate Cookbook*.

chicken and sweet corn soup recipe: *Khazana of Healthy Tasty Recipes* Sanjeev Kapoor, 2002-09 This Is A Book That Is Not Only Meant For Health Conscious Individuals Or Those With Dietary Restrictions, But Also Those Who Do Not Give Health A Thought, And Love To Enjoy Good Food.

chicken and sweet corn soup recipe: *The Encyclopedia of Soups and Stews* The Coastal Kitchen, 2025-11-11 Unlock the hearty and comforting world of soups and stews with this encyclopedic cookbook. This cookbook offers an extensive collection of 300+ nourishing recipes for every season. Dive into a rich tapestry of flavors, from classic favorites like French onion soup and beef stew to exciting new twists with spicy ramen bowls and creamy chowders. Perfect for both culinary novices and experienced chefs, these recipes come with easy-to-follow instructions and expert tips to ensure success in every bowl. Inside you'll discover: Over 300 recipes for soups and stews that span the globe Gorgeous full-color photographs to inspire your culinary creations Techniques for elevating your soups and stews to new levels of deliciousness Whether you're preparing a cozy weeknight dinner or a celebratory feast, this book will be your go-to guide for crafting meals that bring people together. Embrace the warmth and satisfaction of creating soul-soothing dishes with every recipe.

chicken and sweet corn soup recipe: *How to Cook Without a Book, Completely Updated and Revised* Pam Anderson, 2018-08-28 New York Times bestselling author Pam Anderson updates her classic cookbook—which put cooking by heart on the map—to include modern flavors and new techniques that today's home cooks will love, with new and original full-color photographs. It's been 17 years since the blockbuster *How to Cook Without a Book* was published, and Pam Anderson's method of mastering easy techniques to create simple, delicious meals is even more relevant today. From the working professional who loves cooking to the busy family member trying to get dinner on the table, today's modern home cook wants to master useful techniques and know how to stock pantries and refrigerators to pull together delicious meals on the fly. Understanding that most recipes are simply variations on a theme, Pam innovatively teaches technique, ultimately eliminating the need for recipes. The new edition will reflect ingredients and techniques home cooks love to use today: chicken dishes are revamped by using thighs instead of boneless skinless breasts; hearty, dark greens like kale and swiss chard replace hearts of Romaine in salads; roasted Brussels sprouts and sweet potatoes move from side dish to the main event in more meatless entrees; plus, tips for creating a whole meal using one pot or one sheet pan (instead of dirtying multiple dishes). Each chapter contains helpful at-a-glance charts that highlight the key points of every technique and a

master recipe with enough variations to keep you going until you've learned how to cook without a book.

chicken and sweet corn soup recipe: *Eat Jewish* Melinda Strauss, 2025-09-02 Bring family and friends together over delicious kosher meals from Melinda Strauss's Jewish family kitchen. In *Eat Jewish*, Jewish social media influencer and Modern Orthodox Jew Melinda Strauss (@therealmelindastrauss) pairs over 100 traditional and modern kosher recipes with key stories and insights into Jewish tradition, history, and culture. Addressing commonly asked questions about Jewish tradition along the way, Melinda celebrates the idea that food has no boundaries and welcomes anyone to make Jewish food and experiment with kosher recipes. What this book showcases most of all--and what binds it together--is family. Melinda's most popular food videos are of her family recipes--whether they're inspired by a Jewish holiday, her daughter's favorite Sabbath dishes, or her parents' and grandparents' recipes dedicated to their children and grandchildren--which Melinda is eager to share with the world. Including recipes for challah breads, dips, soups, dairy and non-dairy dishes, and holiday recipes, explore Jewish cooking in your home kitchen, no matter your skill level. Featuring a mouthwatering photo for almost every recipe, learn how to make: Sweet and Fluffy Challah Citrus Gravlax Nora's Broccoli Turkish Cheese Borekas Sumac & Za'atar Chicken Potato Kugel Barbecue Brisket Soup Bagel, Lox & Cream Cheese Hamantaschen Tahini Chocolate Cookie Sticks Cinnamon Bun Challah Bread Pudding and more! *Eat Jewish* invites you to the family table to share and enjoy this delicious cuisine.

chicken and sweet corn soup recipe: *The New Cooking School Cookbook* America's Test Kitchen, 2022-11-01 Attend your personal culinary grad school and learn to cook your best, with 100 advanced courses full of 400+ recipes and new-school techniques given by 20 expert test-kitchen instructors. Finally, a cookbook written for confident home cooks ready to explore new territory and learn by cooking spectacular recipes. Travel beyond the basics into 100 engaging themed courses such as Stuffed Pasta, Pho, Grilled Salad, Koji Magic, and Soufflés. Enhance your skills and satisfy your curiosity by whipping up creamy ice cream and gelato, frying crunchy chicken, rolling out and shaping gnocchi (and gnudi) with ease, fermenting vegetables, and perfecting pastry cream to fill choux au craquelin, Boston cream pie, and bolo bao. Within the course structure, recipes are supplemented by illustrated core techniques, food science sidebars, and infographic resource pages packed with valuable behind-the-recipe information. You will confidently learn to: • make your own cheese • be your own butcher • fearlessly fry • bake challah, baguettes, and croissants • put the icing on all kinds of cakes.

chicken and sweet corn soup recipe: *Cooking Season by Season* DK, 2012-09-17 Both an exhaustive recipe resource and an authoritative produce guide in one, *Cooking Season by Season* will put you back in touch with the flavors of the season. Evidence of a turn to seasonality can be seen in the explosion of farmers' markets across the country, as people reconnect with what's grown, reared, or fished local to them. The number of farmers' markets in the US has grown from 1,755 in 1994 to 5,274 in 2009. With 1000 recipes organized by season, and *Season's Best* features highlighting which produce tastes amazing right now and how to make the most of it, *Cooking Season by Season* will be the kitchen companion you turn to 365 days of the year.

chicken and sweet corn soup recipe: *Under Pressure* Thomas Keller, 2016-10-25 A revolution in cooking *Sous vide* is the culinary innovation that has everyone in the food world talking. In this revolutionary new cookbook, Thomas Keller, America's most respected chef, explains why this foolproof technique, which involves cooking at precise temperatures below simmering, yields results that other culinary methods cannot. For the first time, one can achieve short ribs that are meltingly tender even when cooked medium rare. Fish, which has a small window of doneness, is easier to finesse, and shellfish stays succulent no matter how long it's been on the stove. Fruit and vegetables benefit, too, retaining color and flavor while undergoing remarkable transformations in texture. The secret to *sous vide* is in discovering the precise amount of heat required to achieve the most sublime results. Through years of trial and error, Keller and his chefs de cuisine have blazed the trail to perfection—and they show the way in this collection of never-before-published recipes

from his landmark restaurants—The French Laundry in Napa Valley and per se in New York. With an introduction by the eminent food-science writer Harold McGee, and artful photography by Deborah Jones, who photographed Keller's best-selling *The French Laundry Cookbook*, this book will be a must for every culinary professional and anyone who wants to up the ante and experience food at the highest level.

chicken and sweet corn soup recipe: *Recipe, Please* Marty Meitus, 2004 Looking for an appetizer that will wow your party guests? Longing for the ultimate bread pudding? How about a breakfast torte for that special occasion? In *Recipe, Please*, you'll find 166 ways to please your palate. Gathering from Colorado's best chefs and restaurants, Rocky Mountain News food editor Marty Meitus presents the newspaper's most-requested recipes from the popular weekly column. Whether you want to duplicate the Cheesy Artichoke Dip from the Wynkoop Brewing Company or you're planning to master the intricacies of Potato-Crusted Halibut with Crisp Potato Cake, Creamed Spinach, and Red Wine Sauce from the Kevin Taylor Restaurant, you'll find winning taste treats in this delicious collection. Since 1997, Marty has been arm-wrestling Colorado chefs to bring readers the secrets of their favorite restaurant dishes. You'll find recipes from local and national favorites such as Strings, Racines, the Wellshire Inn, California Cafe, Maggiano's Little Italy, Wolfgang Puck's Grand Cafe and McCormick's Fish House. Many of the recipes have become part of her personal repertoire, including Lemon Squares from Pasta, Pasta, Pasta; Baked Summer Squash Casserole from the Black-Eyed Pea; Chocolate Chip Cookies from Palmetto Grille; Green Chili from Chopper's Sports Grill; and Sesame Chicken from the Imperial. Throughout the book, she offers tips to help everyone become a successful home chef. *Recipe, Please* makes dining-in a food lover's delight! Book jacket.

chicken and sweet corn soup recipe: *Homemade in a Hurry* Andrew Schloss, 2012-11-02 In an age where time is as precious as good food, enter *Homemade in a Hurry*, the secret to having more of both. With over three hundred recipes, from appetizers, soups, and salads to main courses, side dishes, and desserts, cooking from scratch is made easier with shortcuts for those who demand more—a LOT more—in less time. By jump-starting the cooking with high-quality prepared ingredients such as pesto, curry cooking sauces, and pre-chopped vegetables—all found at local supermarkets—the complicated is streamlined and what used to take hours in the kitchen is now ready in minutes. Author and cooking teacher Andrew Schloss has a knack for creating easy-to-prepare recipes that turn the same-old-thing into something special. Puree a can of navy beans with a little garlic, olive oil, and lime juice and voila, White Guacamole. Dress up a cup of stuffing mix for a turkey meatloaf that's in the oven in under ten minutes. A little mango and onion give new life to store-bought salsa making a perfect accompaniment to grilled salmon. And even after a delicious bit of Lasagna Bolognese, no one will guess it takes only minutes to prepare. *Homemade in a Hurry* is the essential home chef's companion guide to using the supermarket as a personal pantry for creating impressive dishes, whether for everyday meals or for full-on dinner parties.

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