

SQUASH BLOSSOM SOUP
Based upon a recipe courtesy of
Pilar Cabrera
[Casa Mi Sabores Cooking School](#)
Oaxaca, Mexico
SERVINGS: 6
Betsy Martin SV Equinox

INGREDIENTS:

2 tablespoons butter
1 tablespoon diced white onion
1 cup fresh corn kernels (frozen corn can be used if necessary) 2 cups round or long zucchini squash, cubed
4 cups squash blossoms
4 cups chicken broth
Salt and fresh black pepper
Quesillo (enough for garnish)
Thick Cream or full fat yogurt

PREPARATION:

1. Remove the stems and the flower pestle from the squash blossoms and soak in water to clean.
2. Sauté the onion in butter until translucent. Add the corn and squash, and continue to cook over medium heat for approximately 12 min. Add the blossoms (save back enough for garnish) and stir for another minute.
3. Pour the mixture into a blender with the chicken broth and blend.
4. Return the mixture to the pan and cook over medium heat until it comes to a boil (About 7 minutes). Remove from heat.
4. Season with salt and pepper. Pour into soup bowls. Garnish with one blossom, a bit of shredded or cubed *quesillo* and a dollop of the *cream or yogurt*.

Can also be served cold