



SQUASH BLOSSOM SOUP

PAIR WITH: 2020 J.H. WHEELER SAUVIGNON BLANC

SERVES 6

RECIPE BY: CHEF SARAH HELLER

INGREDIENTS

2 tablespoons unsalted butter	1 cup milk
1 large white onion, small dice	1 medium zucchini, cut into 1/4-inch pieces
3 cups chicken stock or water	Kernels from 1 large ear of corn
1 small Yukon Gold potato, peeled and roughly chopped	1/2 cup crème fraîche or heavy cream
24 large squash blossoms*	Kosher salt
2 poblano chiles, roasted, peeled, deseeded and chopped into 1/4-inch pieces	2 tablespoons flat leaf parsley, chopped

PREPARATION

1. In a medium, heavy-bottomed pot, warm butter over medium heat. Once foaming, add chopped onion, stirring to coat. Cook until the onions are lightly golden, stirring occasionally (about 6 minutes). Scoop out half of the onions and set aside.
2. Add chicken stock and chopped potato to the pot and bring mixture to a boil over medium-high heat. Once boiling, drop down the heat to medium-low and simmer partially covered for 20 minutes.
3. While the soup is simmering, prep the squash blossoms. Trim off the stems, peel the sepals (the small, wavy leaves that grown from the base), and pluck out the stamen. No need to be gentle here. The squash blossoms will eventually be chopped up, so you don't need to keep their original shape intact. Discard stems, sepals and stamens.
4. Divide blossoms into two even piles then slice into 1/4-inch strips (including the bulbous base). Add one pile of slices to the simmering stock and cook for 3 minutes. Carefully blend the mixture until smooth. I use my immersion blender. If you don't have one, use a blender, working in batches. Return the mixture back to the pot over medium heat.
5. Add the chopped, roasted poblano, milk and reserved onion to the soup, stirring to combine. Simmer the mixture for 10 minutes then add zucchini and corn. Simmer for another 3 minutes, then add the other pile of sliced squash blossoms. Continue simmering for 2 minutes, then take the mixture off the heat. Stir in crème fraîche and season to taste with kosher salt.

Serve in soup bowls and finish with a sprinkling of chopped flat leaf parsley.

Recipe Notes

**Look for male squash blossoms 3 to 4 inches long. Male squash blossoms are the ones that don't have a baby squash attached. These flowers tend to have a short shelf life, so be sure to make this soup shortly after purchasing or picking the blossoms (same or next day).*