



The Chef:  
Gavin Kaysen

His Restaurant:  
Spoon and Stable  
in Minneapolis

What he is known  
for: Masterful  
Mediterranean-style  
cooking with  
Midwestern  
ingredients.

Bringing world-class  
culinary chops  
to his hometown.

# Sweet Summer Corn Soup

**IT'S NO SMALL** thing, walking away from a position like director of culinary operations for chef Daniel Boulud's ever-expanding culinary empire. But Gavin Kaysen had his reasons. "Leaving New York felt natural because my family is in Minnesota," said Mr. Kaysen. "The way I look at it is: If you cook good food, people are going to find you."

Mr. Kaysen built a restaurant, Spoon and Stable, in his hometown of Minneapolis, and, indeed, they came. "People are driving here from Chicago and all over," Mr. Kaysen said. "It's crazy." For those who haven't made it there yet, this corn soup, Mr. Kaysen's third Slow Food Fast contribution, does a pretty good job of distilling the pure, appealing flavors Spoon and Stable has become known for.

TOTAL TIME: 50 minutes SERVES: 4

1/4 pound butter  
1 cup thinly sliced leeks,  
whites only  
1/2 cup thinly sliced yellow  
onions  
2 cloves garlic, minced

4 1/2 cups corn kernels (from  
4-6 ears), cobs reserved  
4 cups vegetable or chicken  
stock  
1/2 cup heavy cream  
Salt and freshly ground

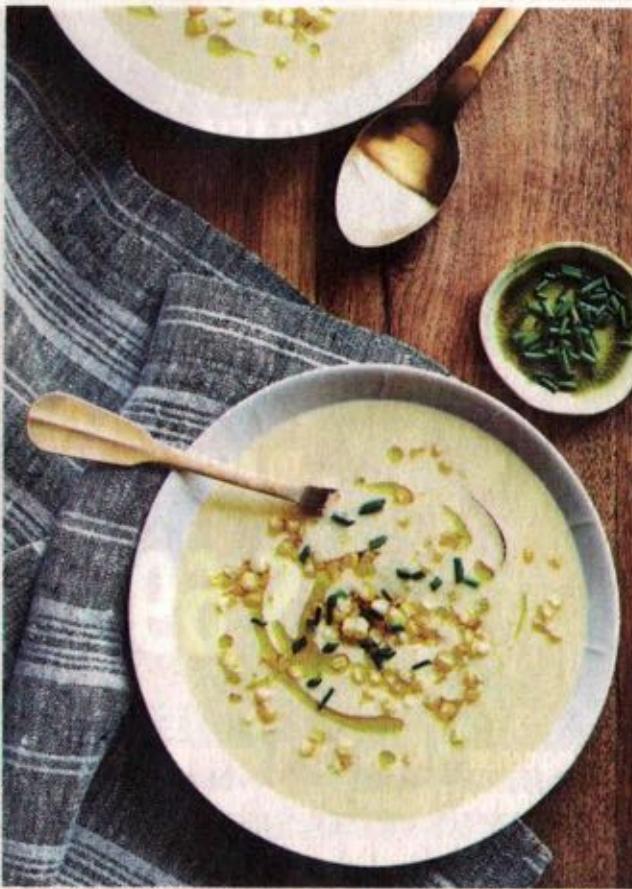
black pepper  
1/2 lime  
4 tablespoons extra-virgin  
olive oil  
Chopped chives, for  
garnish

1. Melt butter in a medium stock pot over medium heat. Sauté leeks, onions and garlic until onions are translucent, about 6 minutes. Add 4 cups corn kernels, reserved cobs and just enough stock to cover corn. Increase heat to medium-high and simmer until stock absorbs flavors of other ingredients, about 35 minutes. Stir in cream and simmer until soup thickens, 10-15 minutes more. Remove cobs and discard.

2. Use a blender or food processor to purée soup until smooth. (For an even smoother soup, pass it through a

The soup is a celebration of sweet summer corn, at its peak right now. It tells a story, too. "I used to get corn from this farm stand with my dad growing up," Mr. Kaysen said. "We'd shuck it and just boil it. That's the memory I think of when making this."

Here the stripped cobs simmer along with their kernels in a bath of stock and cream so all their starchy sweetness seeps out into the soup's base. Then the cobs come out and the soup is puréed. The result—smooth, velvety, full of flavor—will delight anyone with happy recollections of simple summertime suppers, in the Midwest or elsewhere. "When we ask the question, 'Is it Midwestern?'" Mr. Kaysen said, "a lot of that has to do with, 'Is it accessible?'" —Kitty Greenwald



FOOD RESCUE Before you throw those cobs away, simmer them to extract every last bit of corny flavor.