

Cream of Poblano Soup

Zapata's Crema de Chile Poblano: a scrumptious invention, the characteristic flavor of this famous pepper is enhanced by simmering in milk, cream cheese and spices, resulting in a delightful soup. Served with croutons, melted white cheddar cheese, a flourish of cilantro.



from [Soup Song](#)

1 Tablespoon olive oil
1 Tablespoon butter
3 diced poblano peppers, seeds and membranes removed
2 medium onions, diced
1/2 carrot, diced
4 cups low sodium vegetable stock

1 large white potato, diced
8 oz. Mexican crema fresca (or sour cream, yogurt, or creme fraiche)
Chopped cilantro for garnish
8 large tortilla chips
1 cup Chihuahua cheese, shredded (or cheddar or Monterey jack)

In a soup pot or stock pot heat the oil and butter until the butter starts to sizzle. Add the peppers, onions, and carrot and saute 5 minutes, stirring to coat the vegetables with the oil and butter. Add the potatoes and stock. Bring to a boil, then reduce to a simmer. Cover and cook for 30 minutes until potatoes and carrots are soft.

Using an immersion blender, blend soup thoroughly until uniformly smooth. Serve in oven-proof bowls. Place two tortilla chips on top of each bowl, sprinkle 1/4 of the cheese on top of the bowl and set under a broiler until the cheese is melted and golden brown.

If you like it spicier, don't get rid of all the seeds and membranes of the poblanos and make the soup a day or two ahead of time. It just gets spicier and more complex as it sits in the refrigerator. One caution: wear a glove on the hand holding the pepper in place as you dice it if you have sensitive skin.

Zapata's, Norcross, Georgia USA

Cream of Poblano Soup with Cheese Crust

This Tex-Mex creation is a lot healthier than it tastes--and is even more so if you substitute yoghurt for the whipping cream.

1 Tablespoon olive oil	4 cups chicken or vegetable stock
1 Tablespoon butter	1 large potato, chopped
3 medium poblano peppers, seeded and chopped	1/2 cup whipping cream (or yoghurt)
2 onions, chopped	1 Tablespoon cilantro, chopped
1 carrot, chopped	8 large tortilla chips
	1 cup of Monterrey jack cheese, grated

Heat the oil and butter in a large saucepan. Add peppers, onions, and carrots and saute slowly for 5 minutes. Stir in the stock, add the diced potatoes, bring to a boil, then reduce heat and simmer for 30 minutes.

Remove from heat and puree in a blender, solids first to get a smooth texture. Return to the pot. Add the cream and season with salt to taste.

When ready to serve, bring to simmer and stir in the cilantro. Ladle into oven-proof bowls, top with 2 tortilla chips, sprinkle with cheese, and run under the broiler. Top each bowl with a cilantro leaf and take to the table.

Crema de Chile Poblano from the menu of Zocolo Atlanta

Marco Martinez-Obregon, partner, says this is one of Zocolo's top sellers.

Martinez--Obregon suggests garnishing the soup with sliced almonds, queso fresco and cilantro.

Serves 4

2 poblano chiles, seeds and vein removed, and coarsely chopped	chicken bouillon
1/4 cup chopped white onion	3 (12-ounce) cans evaporated milk
1 small garlic clove	3 tablespoons butter
1 tablespoon plus 1 teaspoon (or 4 cubes)	1/3 cup all-purpose flour

In a blender, combine chiles, onion, garlic, chicken bouillon and 2 cans milk. Process until pureed. Pass the mix through a strainer, discarding solids.

Meanwhile, in a heavy stockpot over low heat, melt the butter. Whisk in flour and stir for 4 to 5 minutes. Don't allow it to brown. Pour the strained liquid and remaining can of milk into the pot and whisk to combine, making sure to get the bottom and sides of the pot. Increase heat and bring to a boil, stirring constantly, scraping the bottom of the pan to prevent scorching. Reduce heat to a simmer and cook for 5 minutes, stirring constantly.