

Cream of Zucchini – *Crema de calabacita*

Ingredients (for 6 portions)

1 lb (454g),	
about 3-4 medium	zucchini; washed
¼	white onion; peeled, and sliced
2 cups	milk
2 cups	water
4 tbsp	butter
¼ cup	flour
1 tsp	salt, or to taste
1 tsp	ground white pepper, or to taste
4 slices	day-old bread, cubed and toasted



Trim and discard ends from zucchini; slice each one into quarters lengthwise, then slice each quarter into chunks. Reserve. In a large pot over medium heat, warm up two tablespoons of butter; once it has melted, add flour, and stir to mix; continue cooking and stirring, until the flour and butter are incorporated, forming a sandy and slightly browned roux. Transfer roux to a small bowl, and return pot to the stove. Melt the other two tablespoons of butter in the pot, then add sliced onions, sautéing and stirring regularly until translucent, then add reserved zucchini, mixing to coat with melted butter. Cook for a couple of minutes, then add water. Bring to a boil, season with salt, then reduce heat to a simmer, and cover pot. Cook for ten minutes. Uncover pot, then ladle about one cup of the hot liquid into the small bowl with the reserved roux; stir roux and liquid with an egg beater or wooden spoon, to form a very smooth slurry, and reserve. Add one cup of milk to the pot. Either transfer in batches to a blender, to process until smooth, then return to the pot, or use an immersion blender. Once smooth (there will still be green speckles), pour in the reserved slurry, mixing with a spoon to incorporate, or continue processing with the immersion blender. Increase heat back to medium, and add and incorporate the other cup of milk. Season with white pepper, and adjust salt if needed. Continue stirring, bringing to a gentle simmer, until soup is hot and has thickened to a creamy consistency. Serve hot, topping with croutons:

