

Simple Corn Chowder

Add Flavor and Simplicity to Your Kitchen.

Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, offering hands-on cooking instruction and recreational classes focusing on the preparation of healthy, gourmet, yet practical meals. Currently, Chef Raquel is working closely with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal kitchens. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.

Simple Corn Chowder

Serves 6-8

Ingredients:

2 tbs. unsalted butter or olive oil
1 medium onion, diced
1 clove of garlic, minced
2 russet or Idaho potatoes, scrubbed, peeled and diced
1-10oz bag of frozen cauliflower, thawed or 1 head of fresh cauliflower
Few springs of thyme or 1 Tbs. dried thyme
Kernels of 6 ears of corn or 1-16oz bag of frozen sweet corn, reserve 1/2 cup of corn
1 box of low sodium chicken or vegetable stock or broth or water
Salt & pepper to taste



Directions:

1. In a large stock pot melt 2 tablespoons of butter or heat 2 tbs. of olive oil.
2. Add onion and cook until golden approximately 8 to 10 minutes over medium low heat. Add garlic and cook for 30 seconds.
3. Next add potatoes, corn, cauliflower, thyme and chicken or vegetarian stock/broth. If needed add enough water to just cover the vegetables. Cook until potatoes and cauliflower are tender, approximately 25-30 minutes.
4. Carefully pour soup in batches into a blender or use an immersion blender to purée the soup. If the soup is too thick, add a bit of water, milk or broth. Add reserved corn kernels to soup. Adjust seasoning with salt and pepper, serve and enjoy!

Chef Notes:

You can make this completely dairy free by replacing butter with olive oil and adding water or broth to loosen the consistency of the soup if necessary.

Helpful hint:

The cauliflower in the dish adds creaminess. Add cauliflower the next time you make mashed potatoes from scratch!

Chef Raquel Rivera-Pablo

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