

Corn Chowder (rated excellent by Mama Lorrie)

8 Servings – 35 minutes prep – 30 minutes cooking

Per serving: 355 calories, 26g fat (16g saturated), 5g protein, 29g carbohydrate, 3g fiber, 987mg sodium, 89mg cholesterol)

Rated excellent by Mama Lorrie this chowder is best with locally harvested fresh corn, and the chowder you want if you can do without the lobster

Ingredients: (note: Ok to chop carrots, celery & onion together in a food processor)

<i>3 carrots, finely chopped</i>	<i>3 cloves garlic pressed or chopped</i>
<i>2 ribs celery, finely chopped</i>	<i>1 pound russet potatoes, peeled and</i>
<i>1 medium sweet onion, finely chopped</i>	<i>diced into ½” cubes</i>
<i>4 cups vegetable broth</i>	<i>6 cups (white) uncooked corn kernels</i>
<i>4 tablespoons butter (original recipe</i>	<i>(~10 ears) or frozen kernels, thawed</i>
<i>calls for only 2 tablespoons)</i>	<i>2 cups heavy cream</i>
<i>1 small shallot, pressed or chopped</i>	<i>¼ cup corn starch</i>
<i>1 tablespoon basil or chopped fresh</i>	<i>¼ cup dry white wine</i>
<i>basil</i>	<i>1½ teaspoons salt (and more to taste)</i>
<i>1 teaspoon thyme or chopped fresh</i>	<i>Optional snipped chives for garnish</i>
<i>thyme</i>	
<i>1 teaspoon (sweet) paprika</i>	

1. Sauté carrots, celery, onion in butter in pot or Dutch oven for 10 minutes
2. Add broth, shallot, basil, thyme, paprika & garlic and bring to a boil
3. Add potatoes & corn and bring to a boil
4. Add cream and simmer for 15 minutes (potatoes and corn need to be tender)
5. Mix cornstarch and wine in a bowl until smooth, then add 2 tablespoons of soup liquid to thin
6. Stir cornstarch mixture into soup
7. Add salt to taste and cook until thickened, about 1 minute.
8. Garnish with chives before serving, if desired