



Chef ETL's Hearty Corn and Potato Chowder

Servings: 12

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 55 minutes



Get ready to taste the difference that comes with putting in the time and effort to create a truly exceptional soup.

POTATOES:

3 each Russet potatoes, peeled and cut into 1/2-inch dice

2 each sweet potatoes, peeled and cut into 1/2-inch dice

SOFRITO/CORN MIXTURE:

4 slices bacon, chopped

2 medium white onions, finely chopped

1 each green bell pepper, finely chopped

1 large carrot, cut into 1/4-inch dice

3 cloves garlic, minced

3 stalks celery, finely chopped

1/2 cup green chili peppers, canned, drained

1 teaspoon dried oregano, crumbled

2 teaspoons dried basil, crumbled

1 teaspoon cumin

1 teaspoon ground coriander

1 teaspoon smoked paprika

1/4 teaspoon black pepper

1/2 cup white wine (dry)

1 pound corn kernels, frozen (divided into 1 cup & 2 cups)

CHOWDER:

4 cups chicken broth

1 1/2 cups milk

1 cup heavy cream

1 can creamed corn, canned

1 1/2 teaspoons salt

Chef ETL's recipe is a testament to the fact that great things come to those who wait - every minute spent carefully crafting and honing this dish yields delicious, mouth-watering results that will have you savoring every spoonful. Indulge in the ultimate comfort food with the Chef's multi-phase corn chowder. This expertly crafted dish starts with an emulsified base of sofrito and potatoes, which serves as the perfect canvas for the addition of sweet and crunchy corn kernels, hearty chopped veggies, and perfectly cooked potatoes. The herb and spice blend creates a symphony of savory flavors that take this soup to the next level. And with its smooth, creamy texture that's not too rich, you'll be craving every last spoonful.

POTATOES (45 minutes):

Place the potatoes in a large saucepan and add enough cold water to cover them by 1 inch. Bring the water to a boil, then reduce the heat to a simmer.

Cook the potatoes uncovered for about 25 minutes or until they are tender, but not mushy, when pierced with a fork.

Drain the potatoes in a colander and set aside. Return about half of the cooked potatoes to the saucepan, reserving the remainder for later use in the recipe.

SOFRITO/CORN MIXTURE (while potatoes cook):

In a Dutch oven (or another large saucepan), cook the bacon, over moderately high heat, stirring occasionally until browned.

Remove the bacon bits with a slotted spoon and set aside on paper towels.

In the residual bacon fat, cook the onions, bell pepper, carrot, garlic, celery, chilies, oregano, basil, cumin, and coriander, smoked paprika, and pepper, stirring occasionally, until the onions are softened, about 10 minutes.

Add the wine, scraping up any brown bits, for cook for 1 minute.

Add 2 cups of the frozen corn kernels and stir into the mixture.

IMMERSION BLEND (10 minutes):

Remove 1-1/2 cups of the sofrito/corn mixture and add it to the potatoes that are in the saucepan.

Pour the chicken broth into the saucepan containing half of the cooked potatoes and the sofrito/corn mixture.

TIP: It is best to use 1 large saucepan and 1 Dutch oven for this recipe. However, 2 large saucepans works fine.

TIP: A food processor can be used for the immersion blending phase of the recipe. Just add half of the cooked potatoes, 1-1/2 cups of the sofrito/corn mixture, and the chicken broth to the processor and pulse until blended, leaving some bits for texture. If needed, repeat in batches until desired consistency is reached.

With an immersion blender (or electric mixer), blend the contents until combined but leave some small chunks and bits.

FINISH CHOWDER (35 minutes):

Add the contents of the saucepan to the remaining sofrito/corn mixture in the Dutch oven.

Add the remaining cooked potatoes, remaining 1 cup of frozen corn kernels, milk, cream, can of creamed corn and salt.

Simmer the chowder, uncovered, for 30 minutes, stirring occasionally.

Ladle into bowls and garnish with the reserved bacon.

Per Serving (excluding unknown items): 251 Calories; 12g Fat (43.7% calories from fat); 7g Protein; 29g Carbohydrate; 4g Dietary Fiber; 33mg Cholesterol; 728mg Sodium; 7g Total Sugars; trace Vitamin D; 94mg Calcium; 1mg Iron; 640mg Potassium; 145mg Phosphorus. Exchanges: .

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