



today's main ingredient

A  LOCAL FOOD PODCAST



Corn Chowder with Leeks, Potatoes and Roasted Red Pepper

This recipe uses the naked corn cobs to make a flavorful corn broth.

INGREDIENTS – serves 4

1 red pepper, roasted
3 1/2 cups fresh corn kernels (from 5 to 6 medium ears), cobs reserved
2 Tablespoons corn oil
2 medium leeks, white and light green parts only, sliced thin
(see www.TodaysMainIngredient.org/leeks for how to clean leeks)
2 cups milk
3/4 pound red potatoes, peeled and cut into 1/2-inch dice
2 Tablespoons fresh parsley, minced

STEP 1 – Roast the red pepper under your oven broiler or over the gas flame of your stove or outdoors on the grill, turning as necessary until the skin is blackened all over. Put the charred pepper in a small paper bag or in a covered bowl to sweat. When pepper is cool, rub off blackened skin. Remove stem, seeds, and veins from inside the pepper. Cut into 1/2-inch dice and set aside.

STEP 2 – First, cut kernels from ears of corn; then go back, and pressing with the back of your knife, scrape the cobs over a bowl to catch the milky juices. Add kernels to the bowl and set aside.

STEP 3 – In a large pot, place corncobs with enough water to cover (about 4 cups). Bring to a boil, reduce heat, and simmer for 20 minutes. Pick out and discard cobs. Reserve 3 cups corn broth; save the remaining corn broth for other uses.

STEP 4 – In a clean soup pot, heat corn oil and add leeks. Cook until leeks have softened, about 6 minutes.

STEP 5 – Add corn broth, milk, potatoes, and salt & pepper to taste. Bring to a boil, then reduce heat. Simmer gently until potatoes are almost tender, about 15 minutes.

STEP 6 – Add corn and continue to simmer gently until corn and potatoes are tender, about 10 minutes.

STEP 7 – Carefully* puree 2 cups of soup in a blender. Return puree to soup pot, and reheat gently. Stir in chopped parsley and chopped roasted red pepper. Serve immediately.

** To safely puree any hot soup in a blender:
Allow soup to cool for a few minutes before blending.
Remove the center cap from the lid of the blender & fill blender halfway.
Place a folded towel over the top of the blender, and then blend the soup, while lightly holding the towel.*