

Corn Chowder

Ingredients:

1 Tbsp (15mL) butter

Extra virgin olive oil

½ onion, diced

1 garlic clove, minced

3 sprigs fresh thyme, leaves only

1/8 cup (25mL) all purpose flour

3 cups (750mL) vegetable stock

1 cup (250mL) heavy cream

1 russet potato, peeled and diced

3 ears of corn

Salt and freshly ground pepper

1/8 cup (25mL) chopped fresh parsley leaves

Method:

1. Heat the butter and 1 ½ tsp (7mL) olive oil in a soup pot over medium heat. Add the onion, garlic, and thyme and cook until the vegetables are good and soft, 8-10 minutes.
2. Dust the vegetables with flour and stir to coat everything well. Pour in the vegetable stock, stirring constantly, and bring to a boil. Add the cream and potato, bring to a boil and boil hard for about 7 minutes until the potatoes break down.
3. Cut the corn kernels off the cob and add to the soup. Season with salt and pepper and simmer until the corn is soft, about 10-12 minutes. Stir in the parsley. Ladle the soup into bowls and serve.

Yields 4 servings.

Adapted from: <https://www.foodnetwork.com/recipes/tyler-florence/corn-chowder-recipe-1915497>