

## Curried Corn and Potato Chowder

September 2014 by Camine Pappas

### INGREDIENTS:

5 small or 4 medium ears of corn, cooked, and kernels cut off and cooled  
1 large or 2 small russet potatoes peeled and small diced  
2 medium carrots small dice  
1/3 C white onion diced  
1 T crushed garlic or one very large clove diced small  
½ red pepper diced small  
1 T canola oil  
1-2 t curry powder  
1 t coriander powder  
1 t salt ½ t pepper (more if needed to taste)  
2 C low sodium chicken broth  
¼ C white wine (I used a Pinot Gris)  
½ C 2% milk  
1 C heavy cream  
1 heaping T corn starch  
Chili flakes and fresh basil to garnish



### DIRECTIONS:

After prepping all the ingredients, heat 1 T oil in large Dutch oven over medium high heat. Add the onions, carrots and peppers and let sear for about 2 minutes until transparent. Add the garlic and stir for about 20 seconds. Add the potatoes and stir, until coated with oil and they begin to sear, about 1 to 2 minutes. Add salt and pepper. Add the white wine and let reduce, stirring now and then, for about 3 – 4 minutes. Add the curry and coriander, and corn, and then the stock. Let simmer on low (but still bubbling) for about 15 minutes until potatoes are soft. Add the milk and cream and let heat back up. Take out about 2 T of the cooking liquid and add to the cornstarch in a small bowl and whisk until smooth. Return to the pot, stirring in the corn starch slurry with a spoon. It will begin to thicken immediately. When steaming, put lid on and remove from heat until ready to serve. When serving, sprinkle a little of the chili flakes and the chopped fresh basil atop to garnish.

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