

CORN CHOWDER

(yields roughly 3 quarts)

By Matt from Elemental Bread Company

There are several individual stages involved in this recipe. I have done my best to explain them and make an accurate recollection of the amounts I used. Baking is nearly the only thing I follow a recipe for, sorry. This is by no means a secret recipe, so if you ever have questions please don't hesitate to ask me.

Stage 1: Roux

For this soup I used a ratio of 2 T flour for every cup of liquid (not including the cream). Normally a roux contains equal parts butter to flour, however I find that to be more butter than necessary.

10 T butter, unsalted
1 ¼ cups All Purpose Flour

Melt butter over medium heat in small pan. Add flour and whisk until incorporated. Continue whisking and cooking until it starts to smell slightly toasty and less like raw flour. You don't want it to brown.

Transfer to a bowl and chill in fridge, covered.

Stage 2: Stock

Using a corn stock really brings a lot of "corn" flavor. Chicken or veggie stock can be substituted if you want, with a slightly different, but still good flavor. I always use homemade stock; I personally think it makes a HUGE difference to the end result.

½ yellow onion (not chopped up) DEEPLY CARAMELIZED, NEARLY CHARRED on the flat side. Leave the peel on

½ T coriander seed, toasted (optional, but it adds another layer of flavor)

1 T black peppercorns, toasted

½ T cumin seeds, toasted (if you don't have these, just add a little ground cumin in the next stage)

1 clove garlic, smashed

2 bay leaves

2 T dry parsley

2 tsp dry thyme

4 cobs of corn

3 quarts water

Cut the corn off the cobs. Blend the kernels. Add the kernels, cobs and remaining stock ingredients to a large pot.

Bring to a boil, then reduce to a rapid simmer. Simmer for around 2 hours.

Strain through a fine mesh strainer once or twice.

Stage 3: Soup

Whenever you are using a roux you want your roux and liquid to be opposite temperatures. In this case I used a cold roux and a hot liquid. This is how you prevent lumps. Adding them at the same temperatures will cause the roux to cook into lumps. Also, I like to keep my diced ingredients all the same size and small enough to get some of everything in each spoonful.

½ lb bacon, diced
½ yellow onion, diced
2 stalks celery, diced
½ red bell pepper, seeded and diced
½ poblano pepper, seeded and diced
2 medium yellow potatoes, peeled and diced (1/2 inch)
2 cups sweet corn, fresh, off the cob (I used corn from Tietz Family Farm that I froze over the summer)
½ tsp white pepper, optional, but I think this is a very important spice in most any soup recipe
1 tsp garlic powder
½ tsp ground black pepper
Salt to taste
2 Quarts Stock
2 cups milk
Roux, as needed
1 cup cream, I prefer heavy whipping cream

Brown bacon until crisp. Remove from pan. Keep a couple tablespoons of fat in the pan.

Sauté onion, celery and both types of peppers until onion is translucent.

Add potatoes, milk, and stock. Mix to combine. Increase heat to medium high.

Add roux and whisk. Don't add it all right away. Use as much as needed. Once the soup boils, the roux has thickened it as much as it is going to. If its not thick enough, whisk in more. Remember, the cream we add later will thin it out a little bit again.

Once thickened, continue to boil until veggies are tender. Add spices (ground cumin if using, not too much) and salt. Adjust as desired.

Add corn, cook until heated through.

MAKE SURE YOUR SOUP IS THE PROPER THICKNESS BEFORE ADDING THE CREAM. IF IT'S NOT, ADD MORE ROUX AND BOIL IT AGAIN.

Turn off heat and whisk in cream.

Serve with your favorite **Elemental Bread Company sourdough bread, dinner rolls, or biscuits** on the side.

