

Corn Chowder

serves 6–8

A thick and creamy version of this New England favorite. For a special treat, use freshly picked corn or corn that you froze right after picking. This soup is satisfying year-round.

1 T. olive oil
1 T. butter
3/4 c. washed leeks, white parts
 cut into thin rounds
1 c. onion, 1/2" dice
2 tsp. dry sherry
1/2 c. carrot, 1/4" dice
2 T. unbleached white flour

4 cups corn, fresh or frozen
2 c. potato, 1/2" dice
1 1/2 tsp. salt
1/2 tsp. black pepper
2–4 T. heavy cream
2–4 T. milk
6–8 cups vegetable stock

Prepare all the vegetables as indicated. Prepare vegetable stock. Heat the oil and butter in a medium-large (4–6 qt.) soup pot on medium high heat. Add the onions and leeks and sauté, stirring often, until they begin to turn brown, about 10–15 minutes. During that time, as they begin to stick to the pot, drizzle in the sherry, a half teaspoon at a time, until the full 2 tsp. have been added. This releases the stuck bits into the soup, lending a wonderful, rich flavor. When the onions and leeks are medium brown, add the carrots and the white flour, and sauté for an additional 5 minutes. (If you would like a flour-free soup, omit the flour; the soup will be thin, but delicious.) Drizzle in 2 cups stock while stirring with a whisk, breaking up any clumps of flour that form. Add the corn, potato, salt, and pepper and stir well. Add enough additional stock to cover the contents by 1–2 inches.

Bring the soup to a boil, turn the heat down to medium low, and cook for 45 minutes to an hour, stirring every 10 minutes or so. Add the cream and milk; if you would like a dairy-free soup, you can delete these. Cook an additional 10–15 minutes. Taste, and adjust the seasoning as desired.