

FIREFIGHTER



Gourmet Foods

ROASTED CORN CHOWDER

This is a very interesting soup in taste, in procedure and in the endless possibilities to add ingredients and play with this soup. Remember to play with your food. Please!!

Part 1. To make the base you will need the following:

- 4 cups of niblet style corn. Drained and/or thawed and drained.
- ¼ cup of butter.
- 2 garlic cloves coarsely chopped.
- 1 tsp salt
- 1 ½ tsp of coarse black pepper.

Slowly sauté in a large frying pan stirring occasionally. What you want to do is allow the corn to slowly caramelize. I.e. it will begin to turn a toasty golden brown and will smell like the best popcorn you have ever tasted. This will take 30 to 45 minutes. Feel free to double or triple this base mixture as it freezes very well.

Part 2. To make the soup:

To your base add:

- 4 tins of creamed corn. Trust me! I also have bad childhood memories of creamed corn as well. This works.
- 3 cups of water.
- 2 cups of milk or cream. (To be added last)
- ? corn starch or tapioca starch for thickening. This is where it becomes personal. How thick or how runny do you want the soup to be? For a

starting point I would suggest 3 teaspoons of Tapioca starch in a quarter cup of warm water. Add this thickener when you reach a boil.

Bring the mixture to a boil stirring occasionally as the corn may stick to the bottom. Add the thickener. It should be thicker than your desired finished consistency as you are going to adding the milk or cream. Take the pot off the heat and add the milk or cream.

Options:

This is where the fun begins. When I make this soup for myself I add a couple of ounces of Scotch. How about shrimp, or cubes of chicken breast, or crab, hot sauce, peas, corn, roasted red peppers, spinach, white wine. As another option to the niblets corn you can roast corn on the cob on your BBQ or in your oven under the broiler. Take the kernels off and toss them into your butter, garlic, salt and pepper mixture for later use.