

Corn Chowder

6 large or 8 medium ears of corn
1 tablespoon butter or oil for vegan
1/2 medium yellow or white onion — finely chopped
1 small celery stalk and its leaves — finely chopped
1 small red bell pepper — cubed small
1 small carrot — peeled and cubed small
1 large potato — peeled and cubed small
1 cup milk or plant based milk for vegan
Leaves of 2 thyme sprigs
4 cups water
Salt & black pepper
Chopped scallion greens or chives or parsley (or all) for garnish

Using a sharp knife, remove the kernels from the corn cobs into a bowl. Hold the ear of corn vertically inside the bowl and run down a knife to separate the kernels.

Place half of the kernels into a blender and reserve 2 of the cobs.

Add the milk to the blender and blend until smooth.

Melt the butter or oil and heat in a skillet. Add all of the vegetables except for the corn. Mix well and sauté for about 5 minutes, until the vegetables are softened and the onion is translucent. Stir occasionally and work on medium heat. Add the corn kernels. Mix well.

Add the blended corn into the pot. Rinse out the blender with water and add that as well. Add the remaining water and stir. Add the thyme leaves and the cobs and season with salt and pepper to taste.

Simmer your chowder for about 20 minutes, until all the vegetables are cooked through.

Serve and garnish with your herbs of choice. Enjoy with a piece of crusty bread.