

Summer Corn Chowder

Serves 6 - This is an earthy, moody corn chowder that alternates between sweet and hot.

Ingredients

6 medium ears of corn
6 strips of bacon, cut into 1/2-inch pieces
1 small onion
1 medium poblano, finely chopped
1 jalapeño pepper, seeded and finely chopped
1 small celery rib, finely chopped
3 medium tomatoes, peeled, seeded and finely chopped
2 medium boiling potatoes (about 1 pound), peeled and cubed
1 teaspoon salt
1/8 teaspoon ground allspice
Pinch of sugar
1 small bay leaf
2 cups light cream, at room temperature
1 cup milk
Freshly ground black pepper
Chopped parsley, for garnish

Method

Working over a bowl, cut the corn kernels from the cobs at about half their depth. Then, using the back of the knife, scrape the cobs over the bowl to release all the "milk" and set aside.

In a large saucepan, fry the bacon over moderately high heat, stirring occasionally until crisp, about 10 minutes. Transfer the bacon to paper towels to drain. Crumble and reserve. Discard all but 3 tablespoons of the bacon drippings from the pan. Add the onion and cook over moderate heat until golden, 4 to 5 minutes. Add the poblano pepper, jalapeño and celery, and cook until slightly softened, about 2 minutes. Add the tomatoes, potatoes, salt, allspice, sugar, bay leaf and the reserved corn kernels and their "milk" and stir well. Cook over moderate heat until mixture begins to sizzle. Reduce the heat to low. Cover and cook, stirring occasionally, until the potatoes are tender, 35 to 45 minutes.

Stir in the cream and milk, and bring just to a boil. Remove from heat and season with black pepper to taste. Ladle the chowder into bowls and garnish with the crumbled bacon and parsley.

Nutrition

Per serving (about 13oz/363g-wt.): 510 calories (330 from fat), 37g total fat, 20g saturated fat, 105mg cholesterol, 630mg sodium, 40g total carbohydrate (4g dietary fiber, 8g sugar), 10g protein

From Whole Foods Market - Recipe courtesy of the cooks at [food52.com](http://www.food52.com).
<http://www.wholefoodsmarket.com/recipes/2733>