



Corn and Crab Chowder Pot Pies

READY IN



130 min.

SERVINGS



4

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 handfuls baby potatoes chopped 5 or 6
- ☐ 3 slices bacon thinly sliced chopped
- ☐ 4 tablespoons butter
- ☐ 3 small ribs celery chopped
- ☐ 3 cups chicken stock see
- ☐ 1 mild fresno chile pepper finely chopped
- ☐ 3 to 4 ears corn on cob
- ☐ 1 tablespoon crab-boil seasoning recommended: Old Bay
- ☐ 1 tablespoon dijon mustard

- ☐ 3 tablespoons flour
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 large cloves garlic thinly sliced chopped
- ☐ 3 drops hot sauce
- ☐ 6 ounce lump crab meat fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 1 sheet puff pastry frozen thawed
- ☐ 3 cups milk whole

Equipment

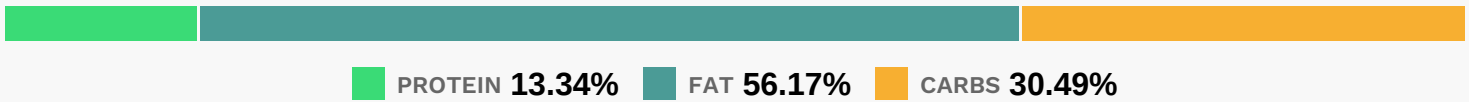
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ ramekin
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat some extra-virgin olive oil, a turn of the pot, in a Dutch oven over medium to medium-high heat.
- ☐ Add the chopped speck and render a couple of minutes.
- ☐ Add the potatoes, celery, onion, garlic, chile, thyme, crab seasoning, salt, and pepper to the pot, cover, and cook 10 minutes, stirring occasionally.
- ☐ Add the chicken stock and milk and bring to a boil.

- ☐ In a small skillet over medium heat, melt the butter.
- ☐ Whisk in the flour and cook the roux 1 minute, then stir in the mustard and transfer the roux to the chowder mixture. When the roux has incorporated, stir in corn and bring the chowder to a bubble, reduce to slightly thicken. Turn the heat off, cool completely, and store for make-ahead meal.
- ☐ To serve, heat the oven to 425 degrees F. Unfold the pastry dough and choose the bowls or individual shallow casseroles or deep ramekins that you wish to serve in. Use one as a template and cut 4 shapes from the sheet of dough, using a sharp paring knife to maneuver around the dish shape. Arrange the pastry dough on a non-stick baking sheet or on a parchment-lined baking sheet. Beat the egg with a splash of water and brush the dough with the egg wash.
- ☐ Bake 10 to 12 minutes, or until golden.
- ☐ Reheat the chowder, covered, over moderate heat until the soup bubbles, then uncover and simmer.
- ☐ Meanwhile, run your hands through the crabmeat to check for shells, discard the the shells.
- ☐ Sprinkle the crab with hot sauce and stir into the chowder to heat through.
- ☐ Serve the chowder in individual dishes topped with pastry.

Nutrition Facts



Properties

Glycemic Index:128.44, Glycemic Load:22.76, Inflammation Score:-10, Nutrition Score:32.881304450657%

Flavonoids

Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 857.75kcal (42.89%), Fat: 54.38g (83.66%), Saturated Fat: 20.12g (125.73%), Carbohydrates: 66.42g (22.14%), Net Carbohydrates: 62.07g (22.57%), Sugar: 18.63g (20.69%), Cholesterol: 86.21mg (28.74%), Sodium: 1132.57mg (49.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.11%), Vitamin B12: 4.92µg

(82.03%), Selenium: 45.38µg (64.83%), Phosphorus: 488.72mg (48.87%), Vitamin B1: 0.66mg (44.31%), Vitamin B2: 0.74mg (43.39%), Vitamin B3: 8.65mg (43.27%), Vitamin C: 33.92mg (41.12%), Manganese: 0.73mg (36.47%), Copper: 0.68mg (34.2%), Folate: 136.55µg (34.14%), Calcium: 311.82mg (31.18%), Vitamin K: 32.71µg (31.16%), Zinc: 4.67mg (31.12%), Potassium: 1009.3mg (28.84%), Vitamin B6: 0.57mg (28.45%), Magnesium: 107.07mg (26.77%), Vitamin A: 1233.85IU (24.68%), Iron: 4.19mg (23.27%), Fiber: 4.35g (17.38%), Vitamin B5: 1.61mg (16.14%), Vitamin D: 2.08µg (13.86%), Vitamin E: 1.62mg (10.79%)