



Lobster and Green Chile Chowder with Roasted Corn-Green Chile Relish

 Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 3 cups roasted corn kernels
- ☐ 1 cup cooking wine dry white
- ☐ 4 ears corn fresh cold for 10 minutes
- ☐ 0.3 cup cilantro leaves fresh finely chopped for garnish
- ☐ 3 cloves garlic finely chopped
- ☐ 3 cups heavy cream

- ☐ 1 juice of lime juiced
- ☐ 8 pound lobsters steamed
- ☐ 1 large onion spanish finely chopped
- ☐ 1 large poblano chile diced peeled seeded finely
- ☐ 3 poblano chiles diced peeled seeded
- ☐ 1 small onion diced red finely
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 4 cups lobster stock
- ☐ 3 tablespoons butter unsalted

Equipment

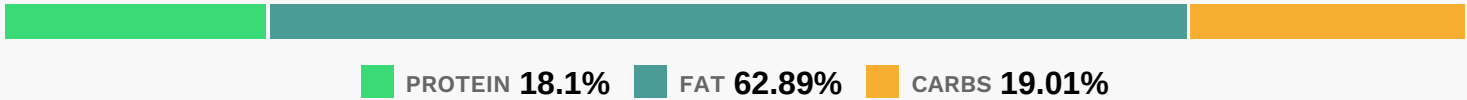
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Remove the claws from the lobsters. Carefully crack the claws and try to remove the meat in 1 piece and set aside for garnish.
- ☐ Remove the tail meat and chop into 1-inch chunks and set aside in the refrigerator. Reserve the shells.
- ☐ Melt butter in a medium stockpot over medium heat; add the onions and garlic and cook until soft. Increase heat to high, add the wine, lobster shells, and corn cobs and cook until completely reduced.
- ☐ Add 4 cups of the lobster stock and bring to a boil.
- ☐ Add 2 cups of the corn and let cook for 15 minutes.
- ☐ Remove the lobster shells and corn cobs.

- ☐
- Transfer the soup to a food processor and process until smooth. Strain into a clean saucepan and bring to a simmer. Stir in the lobster meat, remaining 1 cup of roasted corn kernels and green chiles and cook for 5 minutes.
- ☐
- Place heavy cream in a medium saucepan and reduce by half.
- ☐
- Add the reduced cream to the chowder and stir until combined, if the chowder appears too thick, add some of the remaining lobster stock to thin slightly. Season with salt and pepper and stir in the cilantro. Ladle into bowls and top with a few tablespoons of relish, a lobster claw and fresh cilantro leaves.
- ☐
- Preheat oven to 425 degrees F.
- ☐
- Remove corn from water, place on baking sheets and roast in the oven until tender and slightly charred, 15 to 20 minutes.
- ☐
- Let cool slightly, remove husks and kernels and place kernels in a bowl.
- ☐
- Add the remaining ingredients and stir until combined.
- ☐
- Let relish sit at room temperature for at least 15 minutes to allow flavors to meld.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:29.265217262766%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 3.07mg, Luteolin: 3.07mg, Luteolin: 3.07mg, Luteolin: 3.07mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 609.21kcal (30.46%), Fat: 42.45g (65.3%), Saturated Fat: 24.06g (150.39%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 24.99g (9.09%), Sugar: 12.46g (13.85%), Cholesterol: 273.44mg (91.15%), Sodium: 1170mg (50.87%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 27.49g (54.97%), Selenium: 84.51µg

(120.73%), Copper: 1.83mg (91.61%), Vitamin C: 60.96mg (73.89%), Vitamin A: 2088.23IU (41.76%), Phosphorus: 356.34mg (35.63%), Zinc: 5.3mg (35.34%), Vitamin B12: 1.74µg (28.99%), Vitamin B5: 2.75mg (27.48%), Magnesium: 92.9mg (23.23%), Vitamin B6: 0.44mg (22.22%), Potassium: 738.29mg (21.09%), Manganese: 0.41mg (20.33%), Vitamin E: 3.02mg (20.12%), Vitamin B3: 3.89mg (19.47%), Calcium: 189.62mg (18.96%), Folate: 71.81µg (17.95%), Vitamin B2: 0.3mg (17.71%), Fiber: 3.87g (15.47%), Vitamin B1: 0.19mg (12.88%), Vitamin K: 12.68µg (12.07%), Vitamin D: 1.51µg (10.05%), Iron: 1.23mg (6.85%)