



## Roasted Sweet Corn Chowder

READY IN



135 min.

SERVINGS



8

CALORIES



457 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 anaheim chili roughly chopped
- 1 small anaheim chili
- 0.1 teaspoon ancho chili powder
- 0.8 cup bacon diced
- 1 stick butter room temperature
- 4 tablespoons butter
- 0.3 teaspoon cayenne pepper
- 3 stalks celery roughly chopped
- 2 teaspoons chipotle paste

- 1 cup cilantro stems roughly chopped
- 0.5 cup freshly cilantro leaves minced
- 0.3 teaspoon mustard dry
- 8 ears corn
- 0.3 teaspoon grain sea salt fine
- 0.3 cup cilantro leaves fresh minced
- 1 tablespoon garlic minced
- 0.3 cup garlic cloves roughly chopped
- 1 tablespoon sea salt
- 0.5 cup heavy cream
- 1 juice of lime juiced
- 1 teaspoon kosher salt
- 4 cups chicken stock see low-sodium
- 0.1 teaspoon paprika hot
- 0.5 teaspoon freshly cracked pepper black
- 1 teaspoon freshly cracked pepper black
- 0.3 cup poblano peppers diced
- 2 cups potatoes diced red peeled ( )
- 0.5 teaspoon salt
- 8 servings salt and pepper black freshly ground
- 1 sleeve saltine crackers unsalted ( 30)
- 8 servings spicy saltines
- 2 shallots peeled roughly chopped
- 1 onion diced sweet
- 2 quarts water
- 0.1 teaspoon pepper white

## Equipment

- bowl

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- pot
- blender
- hand mixer
- grill

## Directions

- Watch how to make this recipe.
- Preheat the grill to medium-high heat.
- Put the corn on the grill and cook for 5 to 6 minutes, turning as needed to evenly brown.
- Remove the corn from the grill and when cool enough to handle, then put corn, stem down in a large bowl and with a sharp knife, remove the kernels, set aside.
- Put the corn cobs into a large stock pot, add the water, chicken stock, salt, pepper, garlic, peppers, cilantro stems, shallots and celery.
- Put the pot over high heat and bring it to a strong boil. Cook for 45 minutes, then strain the solids. Cool.
- In a medium saucepan, cover the diced potatoes with 3 cups of the cooled stock and bring to a boil over medium heat. Cook until fork tender, about 15 minutes. then remove from heat and set aside.
- In a large stock pot over medium-high heat, add the 4 tablespoons of butter, and once melted, add the diced onions, half of the corn kernels and the peppers.
- Saute until a golden fond starts to form on bottom of pan, about 6 to 8 minutes.
- Add the garlic and cook for 1 minute more, stirring frequently. Stir in 3 cups of the stock and simmer for 30 minutes. Cool the mixture for about 5 minutes, then carefully add it to a blender and puree.

- Wipe the stock pot clean, put it over medium–high heat and add the bacon. Cook until crisp, then drain on a paper towel lined plate.
- Add the remaining 1 tablespoon of butter to the bacon fat, along with the remaining corn. Season with the salt and pepper and saute for 4 to 5 minutes.
- Add the stock and potatoes and combine well. Stir in the heavy cream, add the corn puree mixture.
- Heat through and adjust seasoning, if necessary.
- Serve garnished with the cilantro and a dollop of the Chipotle Cream and Spicy Saltines.
- In a small glass bowl, add the cream and beat with an electric mixer until stiff, about 3 to 4 minutes.
- Add the chipotle, salt and pepper, to taste, zest and lime juice beat until incorporated.
- Add the cilantro and season with salt, if necessary. Refrigerate covered until ready to use.
- Preheat the oven to 300 degrees F. Fit a baking sheet with a rack.
- Combine all of the spices in a small bowl and mix well. In a separate small bowl, beat the butter with an electric mixer until fluffy.
- Add the spices and beat until incorporated.
- Spread about 1/2 teaspoon of the mixture gently onto each cracker and set them on the rack in the baking sheet. Once all are done, bake for 5 minutes.
- Remove and cool. Store in an air tight container.

## Nutrition Facts

**PROTEIN 8.89%** **FAT 63.19%** **CARBS 27.92%**

### Properties

Glycemic Index:59.5, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:14.221739012262%

### Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.56mg, Myricetin: 0.56mg,

Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

## Nutrients (% of daily need)

Calories: 457.45kcal (22.87%), Fat: 33.73g (51.89%), Saturated Fat: 17.82g (111.4%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 29.48g (10.72%), Sugar: 10.06g (11.18%), Cholesterol: 76.87mg (25.62%), Sodium: 957.91mg (41.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.37%), Vitamin A: 1301.48IU (26.03%), Vitamin C: 19.98mg (24.21%), Vitamin B3: 4.8mg (24%), Manganese: 0.46mg (22.75%), Phosphorus: 211.54mg (21.15%), Potassium: 680.39mg (19.44%), Vitamin K: 20.39µg (19.42%), Vitamin B1: 0.29mg (19.31%), Vitamin B6: 0.38mg (19.24%), Folate: 67.88µg (16.97%), Fiber: 4.05g (16.22%), Magnesium: 57.6mg (14.4%), Copper: 0.26mg (13.12%), Vitamin B2: 0.2mg (11.49%), Selenium: 7.63µg (10.9%), Vitamin B5: 1.07mg (10.7%), Iron: 1.67mg (9.27%), Zinc: 1.19mg (7.92%), Vitamin E: 1.05mg (6.99%), Calcium: 65.28mg (6.53%), Vitamin B12: 0.29µg (4.86%), Vitamin D: 0.33µg (2.18%)