

Quick & Easy {kosher} Corn Chowder

quick & easy

Corn Chowder



Team! It's happened! I blogged! I've had these pictures and this recipe for roughly 3 weeks and I finally got my stuff together enough to churn out this post. One of the reasons, besides lack of time, that I haven't been blogging is that the natural light in my apartment stinks so the pictures I was taking weren't the greatest. It's not like I'm churning out award-winning food photography here, but the pictures I just weren't up to snuff. So the solution? I now take pictures at the window at the end of my floor's hallway. If my elegant, ever-stylish French next door neighbor were to step out her front door during one of my 'photo shoots' (I should mention that my assistant is my 2 year-old) I'm not sure how I'd explain my way out of the situation. Maybe I'll just keep some brie on me and throw it to her, you know, just in case I need back up. Anywho, the word, "poop show" doesn't quite describe the scene of me taking pictures of soup while asking my 2 year-old photography assistant to please hold the cardboard back-drop for mommy cause I really need that light to hit a certain angle. There *might* be a few promises of Sesame Street time throw out to photography assistant from photographer but hey, it gets the job done. Thanks, Big Bird!



My photography assistant. Noticed the kitchen towel. She was great at quick clean ups . . . that she had caused.





Ok, the soup. THE SOUP! This is one of those time-saving,

supremely filling recipes that was born out of a need to get vegetables into the kid AND the need for a delicious meal that we can both enjoy. It's actually been cold in LA so this soup was a warm and comforting friend on a particularly chilly night. The recipe below will net you roughly 5 -6 servings. I had dinner for two nights plus lunch for two days. Also, just to note, I throw smoked paprika into this recipe in an attempt to capture the traditional corn chowder flavor of bacon/ham.

So yes, this recipe is kosher but mainly, it's vegetarian. I have actually had traditional corn chowder made with ham, back in my pre-kosher days. It was good. I cannot tell a lie.

But since going kosher, I feel that smoked paprika has become a close friend in helping me turn dishes traditionally made with ham or bacon and into delightful little kosher (read: vegetarian) dishes. Oh! I also used organic frozen vegetables in this recipe, which are cheaper and ready for use; the perfect solution for a quick and easy weeknight dinner. I hope you enjoy!



Quick and Easy {kosher} Corn Chowder:

Ingredients:

4 tablespoons butter
1 large onion, chopped
2 garlic cloves, minced
2 cups frozen corn kernels
1 cup frozen bell peppers
4 cups vegetable broth
1/4 cup all-purpose flour
1 tbsp kosher salt
1/2 tbsp freshly ground black pepper
1/2 tbsp smoked paprika
1 cup of milk
1 cup half and half
1 cup shredded Pepper Jack cheese-optional, for serving

Directions:

1. In a large soup pot, sauté the onions and garlic in the vegetable oil over medium high heat for 5 minutes until the onions are soft.
2. Stir in the bell peppers and corn; season the corn/onion/pepper mixture with a large pinch of salt and pepper. Sprinkle flour evenly over the top and stir to combine. Pour in broth and stir well. Allow this to thicken for 3 or 4 minutes, then reduce heat to low.
3. Stir in milk and half-and-half, then cover and allow to simmer/thicken for 15 minutes or so. Once thickened, add 3/4 cup of the Pepper Jack and stir to combine. Taste and adjust seasoning according to your taste preference. Serve in

individual bowls and top with remaining 1/4 cheese.