
Kabocha & Corn Chowder

Description

This Kabocha & Corn Chowder is comfort food with a twist, the pumpkin's sweetness and orange color are a great addition to an already good soup! We are in the sustainability era and instead of trying to find more land to farm we need to focus on cooking more of what is available. We always have lots of pumpkin in the fall so why not add it to any dish that would be elevated with it!

Total time: 35 min Yield: 4 servings

Ingredients

1/4 cup melted butter
1/2 cup onion (small diced)
1/2 cup carrot (small diced)
1/2 cup celery (small diced)
3/4 cup all-purpose flour
4 cup chicken stock
2 ears fresh corn kernels and cut from cob
1 cup raw kabocha (small diced)
salt & pepper (to taste)
1/2 cup heavy cream (optional)

Prep Time: 15 min Cooking Time: 20 min Total Time: 35 min

Instructions

Heat a medium sized pot on medium and add in the melted butter. Add in the onion, carrot and celery and sauté for a few minutes to coat the vegetables with the butter. Add in the flour and stir well to form a roux and deglaze with the stock. Stir for a few minutes to ensure the even distribution of flour into the liquid to prevent lumps from forming. Turn the heat to high and bring to a quick boil making sure to stir every minute or so. Reduce the heat to low and allow the soup to simmer until it thickens.

Once the vegetables are at a point where they are just cooked or half cooked, add in the corn and kabocha and stir until they are evenly distributed. Continue to simmer until the kabocha is cooked then season with salt and pepper and finish with the heavy cream if desired.

Recipe brought to you by:

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