



## Corn Chowder With Spicy Red Pepper Recipe

Dara O'Brien



Corn chowder is delicious, but it often needs a boost of flavor. Here, it gets help from a red pepper roasted and pureed with chili powder and cayenne. The smoky flavor of a chipotle powder or smoked paprika makes a nice substitution for the cayenne, which is hot but not smoky. Part of the soup is blended to create additional creaminess. —Catherine Walthers

From "Soups + Sides" by Catherine Walthers, Lake Isle Press, 2010

### INGREDIENTS

- 1 large red bell pepper
- 6 ears fresh corn
- 2 tablespoons butter
- 1 medium onion, diced
- 1 whole leek, trimmed, cut in half lengthwise, rinsed, and sliced
- 1 stalk celery, diced small
- 2 cloves garlic, finely minced
- 4½ cups chicken stock
- 2 cups ½-inch-diced potato (about ¾ pound)
- 2 teaspoons salt
- 1 teaspoon chili powder
- ⅛ teaspoon cayenne pepper, chipotle chili powder, or smoked paprika
- ½ cup heavy cream
- 2 tablespoons finely minced fresh parsley leaves
- Freshly ground black pepper

Serves 6

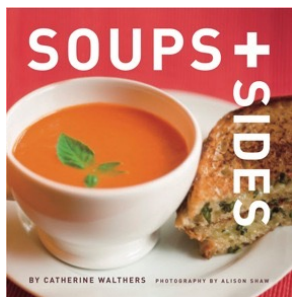
### PREPARATION

1. Roast the red pepper (see note). Place in a paper bag to steam and set aside.
2. Hold the corn cobs upright inside a large bowl. Using a chef's knife, slice the kernels off the cob, so the kernels fall into the bowl. You should have about 3 cups of corn. Reverse your knife (or use the back of a table knife) and with the dull edge, run down the length of the cob and press out the "milk" and small bits of corn. Set aside.
3. In a soup pot over medium heat, melt the butter and sauté the onion until translucent, about 6 minutes. Add the leek and celery and cook another 5 minutes, stirring occasionally. Add the corn and garlic and sauté 3 to 4 minutes longer, stirring often. Add the stock, potato, and 1½ teaspoons salt. Bring to a boil. Turn to low, cover, and simmer until potatoes are cooked, about 20 minutes.
4. Meanwhile, peel the blackened skin from the red pepper and remove the core. Run it under cold water to remove any black pieces. Place the roasted pepper in a blender with the chili powder and cayenne or smoked chipotle and a pinch of salt. Blend until very smooth, at least 1 minute. Add a tiny bit of water if it won't blend smoothly. Set aside in a small bowl.
5. Purée 1 cup of the corn chowder in a blender and add back to the soup. Add the cream and parsley and test for salt and pepper. Ladle the soup into bowls and with a spoon, swirl about 2 teaspoons of the red pepper puree on the surface of the soup.

### ROASTING RED BELL PEPPERS

To roast a red bell pepper, place it directly over a gas burner with the flame turned to high. Char the outside of the pepper, turning as needed with tongs. When the pepper is charred (completely black), place it in a brown paper bag and close it to steam or "sweat" until it is cool enough to handle, about 10 minutes. Peel off the charred exterior, remove the core and seeds, and rinse if necessary to remove any leftover blackened pieces. If you have an electric stove, place the whole pepper under the broiler and char it the same way, turning with tongs to blacken.

### Soups + Sides | by Catherine Walters | Lake Isle Press 2010



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—Catherine Walthers

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