



SHARON'S CREAMY CORN CHOWDER

Sharon is a seasoned Big Soup Sharer and a previous RHS School Gardening Champion of the Year! Here's one of two recipes she's recommending for this year's Big Soup Share.

"A chowder is a thick, rich, chunky soup. Originally it was a fisherman's stew made with seafood but today vegetable, corn and potato chowders are also popular. I love serving chowders with work soda bread."

SERVES 8

PREP 20 mins

COOK 25 mins

EQUIPMENT

1 large pot / 1 peeler / 1 or 2 chopping boards / wooden spoon for stirring

INGREDIENTS

1 knob of butter or tablespoon of oil
1 corn on the cob cooked and kernels separated
1 onion, peeled and finely diced
2 carrots, peeled and finely diced
2 sticks celery, trimmed and finely diced
1 red pepper, deseeded and finely chopped
1 leek, finely sliced
800g potatoes, peeled and diced
2L of vegetable stock (I use vegan bouillon powder)

Optional: fish/seafood (e.g. mussels, prawns, squid, smoked haddock, salmon) or meat (e.g. cooked chicken) in the quantity of your choosing or additional corn
5tbsp plain flour, whisked with 3tbsp cold water
Bunch of flat leaf parsley, chopped
Salt and pepper
Double cream (or a vegan alternative)

METHOD

1. Heat the butter or oil in your pot and add the onion, carrots, celery, red pepper and leek.
2. Add the potatoes and stock, bring to the boil and then reduce the heat so the soup is simmering.
3. When the potatoes are cooked (after around 15 mins), add the corn and/or your chosen cooked meat.
4. Increase the heat to bring back to the boil, add the flour and water mixture and stir the chowder constantly until nice and thick.
5. Turn off the heat and add fresh chopped parsley and a splash of cream.
6. Taste and season then serve straight away.

Got a brilliant soup recipe that is soup-er tasty?

Share it with us! [#soupshare](https://www.instagram.com/soupshare)

