

# Shrimp and Corn Chowder

From the Kitchen of Lynne Gassiraro (inspired from *Real Simple*)

Serves 4-5

## Ingredients

- 2 tablespoons unsalted butter
- 1 lg. leek (white and light green parts), chopped
- 2-3 lg. celery stalks, chopped
- kosher salt and black pepper
- 2 tablespoons flour
- 1-2 cups fish stock (Kitchen Basics is good)
- 3-4 cups milk (**see notes below**)
- 2 med. red potatoes, cubed
- 1 lb. raw peeled and deveined large shrimp (31-40 size)
- 1 (10-ounce) package frozen corn (**see note below**)
- 2 tablespoons chopped fresh flat-leaf parsley
- 8-12 slices bacon- cooked crisp, drained and chopped- optional, but well worth it!



## Directions

1. Heat the butter in a large saucepan over medium heat. Add the leeks and celery, season with salt and pepper and cook, stirring occasionally, until the vegetables are tender, about 4 to 5 minutes. Then stir in the flour and cook a minute or two.
2. Add the stock, milk, and potatoes and slowly bring to a boil then reduce heat and simmer, stirring occasionally, for 12-15 minutes until the the potatoes are just tender. Increase the heat a bit, stir in the shrimp and corn. Cook about 3-5 minutes until the the shrimp turns pink and the corn is heated through. Taste and add salt and pepper as needed. Garnish with parsley. Serve crumbled bacon alongside, or garnish liberally.

## My Additional Notes:

- I added 1 tsp Old Bay and no pepper. May also be good with dill instead.
- Taste the chowder before seasoning *generously* with salt and pepper as your stock might be salty.
- Can use clam broth instead of fish stock, can use fennel instead of celery (as in original recipe).
- I used 1% instead of whole milk (do not use skim), if you desire a less rich chowder- take care not to curdle the chowder.

- To prevent curdling “cook” the flour, *slowly* bring chowder to a boil, begin with warmed liquids, and do not maintain a high boil for long. Also, slowly reheat chowder.
- I used “Wondra” flour and ‘light’ butter. I used the higher amounts of stock/milk to get the desired consistency and added 2Tb cornstarch to thicken if necessary.
- Can use onions instead of leeks, I use 2-3 ears of *fresh corn*- freshly cut and cobs scraped (if corn is in season).
- I recommend using the bacon, it is a really nice touch- adds great flavor. Can use bacon drippings to sauté leeks and celery if desired!
- I season with ‘bacon salt’ or other smoked salt

**Nutritional Information (per 4 servings)**

Calories 426; Calories From Fat 125; Protein 30g; Carbohydrate 57g; Sugar 13g; Fiber 7g; Fat 14g; Sat Fat 7g; Calcium 345mg; Iron 4mg; Sodium 1009mg; Cholesterol 207  
 (Totals for entire pot of chowder as I’ve made it (I didn’t figure nutrition for optional bacon)=  
 ~1700cal. protein = ~117g)