

Club Pilates Darien

“Fire up your core(n) chowder!”

Chef: Nina and Scott Ackerman

6 ears of corn
6 strips of bacon cut up
1 small onion finely chopped
1 medium poblano pepper finely chopped
1 jalapeño pepper, seeded/chopped
1 celery rib chopped
1 can of chopped fire roasted tomatoes
2 medium potatoes peeled/cubed
1 teaspoon salt
1/8 teaspoon allspice
Pinch of sugar
1 bay leaf
2 cups of light cream
1 cup of milk
Freshly ground pepper
Chopped parsley, for garnish

1. Cut corn off cob into a bowl.
2. In a large dutch oven fry bacon and transfer to paper towel to drain. Crumble and reserve.
3. Discard all but 3 tablespoons of bacon drippings from pan. Add onions and cook till golden. Add poblano, jalapeño and celery and cook till softened. Add tomatoes, potatoes, salt, allspice, sugar, bay leaf, and the corn kernels and stir well. Cook over medium heat until mixture begins to sizzle.
4. Reduce heat to low. Cover and cook, stirring occasionally, until the potatoes are tender @ 35 minutes. Stir in the cream and milk and bring just to a boil. Remove from heat and season with salt/pepper to taste. Ladle chowder into bowls and top with bacon and parsley.