

# Summer Corn & Vegetable Chowder

Piment d'Espelette (in English, simply "Espelette pepper") is a type of chile cultivated in the Basque Country in France. In summer, the bright red chiles are hung up in festoons across local rooftops and balconies to dry in the sun. Afterwards, they're ground into a fine powder to make a mildly hot spice. In this dish, we're using that spice to add kick to a lightly creamy chowder brimming with summer produce. And for extra flavor, we're boiling corn cobs together with the vegetables to enrich the broth.



## Ingredients

- 1 Cup Low-Fat Milk
  - 3 Cloves Garlic
  - 3 Ounces Spinach
  - 2 Ears Of Corn
  - 2 Stalks Celery
  - 1 Lemon
  - 1 Red Onion
  - ½ Pound Fingerling Potatoes
  - ¼ Pound French Breakfast Radishes
  - 1 Bunch Tarragon
- ### Knick Knacks
- 2 Tablespoons Butter
  - ½ Teaspoon Piment d'Espelette

Makes 2 Servings

About 505 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel and thinly slice the garlic. Roughly chop the spinach. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cobs; reserve the cobs. Thinly slice the celery. Quarter and deseed the lemon. Peel, halve and thinly slice the onion. Slice the potatoes into ¼-inch-thick rounds. Trim off and discard the ends of the radishes; small dice the radishes. Pick the tarragon leaves off the stems; discard the stems and finely chop the leaves.

2



## Start the soup:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, onion, celery** and **potatoes**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until fragrant and the onion has softened slightly.

3



## Add the corn & make the broth:

Add the **corn kernels, corn cobs, milk** and **1½ cups of water** to the pot; season with salt and pepper. Bring the mixture to a simmer, then reduce the heat to medium. Cook, stirring occasionally, 5 to 7 minutes, or until the broth is slightly reduced in volume and the potatoes are tender when pierced with a fork.

4



## Add the radishes & remove the corncobs:

Stir the **radishes** into the pot; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the radishes have softened. Carefully remove and discard the corncobs.

5



## Finish the soup:

Stir the **tarragon, spinach, butter** and the **juice of all 4 lemon wedges** into the pot; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the spinach has wilted. Season with salt and pepper to taste. Remove from heat.

6



## Serve your dish:

Divide the **finished soup** between 2 bowls. Top with **as much of the piment d'Espelette as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!