

Chicken and Corn Chowder

Swick

Serves 1 | Active Time: 50 minutes | Total Time: 50 minutes

Step 1: Preparing Your Mise en Place

- 1 large leek
- 1 large carrot
- 2 ribs celery
- 1 clove garlic
- 3 cups homogenized milk
- 3 cups chicken stock
- 6 tbsp all-purpose flour
- 1 tbsp fresh thyme
- 6 tbsp unsalted butter
- 2 1/2 cups frozen corn
- 2 chicken breasts

To prepare your mise en place, first wash the vegetables and peel the carrot. Finely dice the white and light green part of the leek (save the tough green part for making stock). Finely dice the carrot and celery and mince the garlic.

Measure out the milk, stock, flour, thyme, butter and corn. Gather the chicken breasts and set aside.

Step 2: Making the Soup

- 1 to 2 tsp grapeseed oil
- kosher salt (to taste)
- freshly ground black pepper (to taste)

To start the soup, heat a heavy-bottomed pot over medium-low heat and add the butter. Once melted, add the diced leek, carrot and celery, along with a good pinch of salt. Let sweat until tender and translucent, approximately 10 minutes.

In the meantime, heat a skillet over medium-high heat. Season the chicken breasts with salt and pepper to taste. Once hot, add the oil to the pan and pan fry the chicken breasts, about 4 to 5 minutes per side or until done. Once done, transfer to a cooling rack, tent with vented foil and let rest.

Once the vegetables are tender, add the garlic and cook for a minute or so to release its aroma. Sinter with the flour. Temper in the cold milk a bit at a time. Temper in the stock. Add the thyme, season to taste with salt and pepper and bring the soup to a simmer. Let simmer for approximately 10 minutes to thicken.

Add the corn and continue to cook for another 5 to 8 minutes or until cooked through.

In the meantime, shred or cube the chicken into small pieces. Once the corn is cooked, add the shredded chicken and any pan juices to the soup. Stir and heat until the chicken is warmed through. Season again to taste and serve in warmed bowls.