



CORN AND SALMON CHOWDER

SERVES 4 / 25 MINUTES

The secret to this hearty soup is its flavorful broth, made with the corncobs. The kernels add extra corn flavor and crunch.

- 4 ears corn
- 3 tbsp. salted butter
- 1 large shallot, chopped
- 1 large Yukon Gold potato, peeled and cut into ½-in. dice
- 1 garlic clove, chopped
- 2 tbsp. flour
- 1¼ cups milk
- 1 cup half-and-half
- 1 tsp. kosher salt
- ½ tsp. pepper
- 7 oz. salmon, skinned
- 1 tbsp. chopped chives

1. Shuck corn, then stand each ear on its fat end in a deep bowl and slice kernels off ears into bowl. Set aside.

2. Cut cobs in half and put in a medium saucepan. Add 2 cups water and bring to a boil over medium-high heat. Boil, uncovered, while you prepare the chowder.
3. Melt butter in a large saucepan over medium heat. Add shallot, potato, and garlic and cook, stirring constantly, until shallots soften, about 2 minutes. Add flour and cook until flour is no longer raw, 2 minutes.
4. Slowly whisk 1 cup of the corncob water (discard the rest) into pan, then whisk until mixture is free of lumps. Add milk and half-and-half, corn kernels, salt, and pepper and bring to a simmer over medium heat. Cook, stirring, until mixture thickens slightly and potatoes are soft, about 5 minutes.
5. Meanwhile, cut salmon into 1-in. dice. Add to chowder and cook until salmon is just cooked through, 2 to 3 minutes.
6. Pour soup into four bowls and sprinkle each with some chives. —*Julia Lee*

PER SERVING 325 Cal., 58% (191 Cal.) from fat; 16 g protein; 21 g fat (12 g sat.); 18 g carbo (0.4 g fiber); 521 mg sodium; 80 mg chol. LC