

CORN CHOWDER



Recipe by Dale Carson of the Abenaki tribe, contributed by Darlene Kascak of the Institute for American Indian Studies.

INGREDIENTS

- 1 six-ounce packet of wild rice
- 2 quarts chicken broth
- 3 pounds Yukon Gold potatoes
- 4 ears of corn-on-the-cob, scraped off fresh (or two cans of kernel corn)
- 1 can baby corn, cut in thirds
- 1 can creamed corn 1 can yellow hominy
- 1 sweet onion, chopped
- 2 large stalks celery
- 3 table spoons fresh chopped parsley
- 1/2 teaspoon cumin salt/pepper to taste

DIRECTIONS

1. Cook wild rice separately ahead of time and set aside.
2. Cook washed unpeeled, cubed potatoes in the chicken broth (reserve 1 cup) about 20 minutes or more until tender.
3. Scrape off corn from cobs OR use canned corn. Add all corns to potatoes and chicken broth.
4. Chop celery and onion and add to pot with parsley, cumin, salt and pepper and cooked wild rice.
5. Add a little/or a lot, of flour to the reserved chicken broth and put in the chowder to thicken it as it simmers.
6. Simmer all for an hour or more for flavors to mingle and marry.

**Optional: This recipe can be varied with the use of cubed Jerusalem artichokes, instead of, or with the potatoes. To change it from a chowder to a meal, add cooked chicken OR even chopped clams. Sometimes I even add some cubed butternut for color and more taste. To top it off I have even garnished it with cooked, crumpled bacon. The best feature of all about this recipe is that there is no dairy in it. Isn't that refreshing?*

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