

Corn and Ham Chowder

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Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 40 minutes

6 ears corn, shucked

5 tablespoons unsalted butter, divided

4 sprigs thyme

1 large onion, diced

3 stalks celery, thinly sliced

1 large clove garlic, minced

Kosher salt

1 8-ounce ham steak, diced

2 large russet potatoes, peeled and cut into 1-inch cubes

6 scallions, chopped

2/3 cup heavy cream

Slice the corn kernels off the cob and reserve the cobs.

Set aside 1/2 cup of corn kernels and 1/2 cup of ham.

Heat four tablespoons of butter in a large pot over high heat. Add the thyme, onion, celery, garlic, one teaspoon of salt, the remaining corn and remaining ham. Cook for 1 minute.

Add the potatoes, corn cobs and five cups of water. Cover and cook until the potatoes are very tender, about 20 to 25 minutes.

Meanwhile, heat the remaining butter in a skillet over medium-high heat. Add the reserved 1/2 cup of corn and 1/2 cup of ham. Cook until the ham is browned, about 6 minutes. Add the scallions and cook until softened, about 1 minute.

Remove the corn cobs from the soup and discard.

Stir in the heavy cream and cook until heated through, about 1 minute.

Ladle the soup into bowls and top with the corn-ham mixture.

Per Serving (excluding unknown items): 513 Calories; 33g Fat (55.5% calories from fat); 19g Protein; 42g Carbohydrate; 7g Dietary Fiber; 118mg Cholesterol; 792mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 Fat.