



CORN & LEEK CHOWDER



INGREDIENTS

SERVES 6

- 2 tbsp olive oil
- 1 large leek, chopped (white part only)
- 1 medium onion, diced
- 2 sticks of celery, diced
- 2 cloves of garlic, minced
- 1 large carrot, diced
- 4 medium potatoes, peeled and diced
- 2 cups of corn
- 3 tbsp flour
- 4 cups of stock
- 1 cup coconut milk
- 1 bay leaf
- Chopped fresh parsley to garnish
- 1 ½ tsp salt
- fresh ground pepper to taste

FROM THE GARDEN

- Leeks
- Corn
- Bay leaf
- Parsley

EQUIPMENT

- Large pot
- Sharp knives
- Chopping boards
- Wooden spoon

INSTRUCTIONS

1. In a large pot, heat oil over medium heat. Sauté onion and leeks about 2-3 minutes, until softened. Add celery, garlic, salt and pepper and sauté until softened.
2. Add potatoes and carrots, combine well. Stir in flour and cook for 1-2 minutes. Add the stock and bay leaf. Bring to a boil and then reduce heat to a light simmer. Cook for about 10-15 minutes, or until vegetables are almost tender.
3. Add corn and bring back to a light boil, then reduce heat and lightly simmer for another few minutes, until vegetables are tender.
4. Remove from heat and remove bay leaf. Add the coconut milk and stir well. *Using an immersion blender or regular blender, blend about half of the soup or more, depending on your desired consistency.*
5. Top with chopped parsley and serve in bowls.