

Corn and Sweet Potato Chowder with Saffron Cream

Kathy's Note:

This chowder is a sensory explosion. First there's the color: the broth is a gorgeous, rich, sunflower yellow, thanks to the saffron, sweet potatoes, and golden yellow corn and peppers. Then there's the scent: the earthy aroma of corn and saffron. And, of course, the taste: rich, creamy, summery, and satisfying. Serve with biscuit, rolls, or crusty bread.

Ingredients:

2 tablespoons olive oil
1 large onion, chopped
1 large red bell pepper, cut in 1/2-inch squares
1 small yellow bell pepper, cut into 1/2-inch squares
1 large sweet potato, peeled and cut into 1/2-inch squares (about 2 cups)
1 tablespoon flour
4 cups low-sodium canned chicken or vegetable broth, or homemade chicken broth (page 00)
Salt and freshly ground black pepper
6 large ears fresh corn, or 3 cups frozen corn kernels, thawed
1 cup heavy cream
About 1 teaspoon crumbled saffron
3 scallions, white and green parts, finely chopped

In a large pot, heat the oil over low heat. Add the onion and cook, stirring occasionally, for 10 minutes. Add half of the red pepper, and all of the yellow pepper and cook, stirring for 2 minutes. Add the sweet potato and cook for 8 minutes, stirring occasionally. Stir in the flour and cook for 2 minutes. Raise the heat to high, stir in the broth, and bring to a boil. Reduce the heat to low, cover, and cook for about 12 minutes until the potatoes are just tender.

Meanwhile, if using fresh corn, shuck it and remove the silks. Using a sharp knife, remove the kernels from the cob by standing each cob on one end on a cutting board and working the knife straight down the cob; you should have about 3 cups of kernels. Remove the corn milk and mix in the kernels; set aside.

In a small saucepan, heat the cream and saffron over low heat for about 5 minutes, until just simmering.

Add the saffron cream to the chowder and stir in the corn. Heat over low heat for 5 minutes. Taste for seasoning. Serve piping hot, topped with the scallions and remaining red pepper.

Serves: 6

Favorite Variation:

Sauté 3 slices thick cut bacon in the pan as the first step. Remove the bacon and keep 1 tablespoon bacon fat in the pan. Sauté the onions in the bacon fat instead of adding olive oil. Crumble the bacon into the soup just before serving.