

This recipe was adapted from simply recipes corn Chowder

## **Colchester Cougar Corn Chowder\*: Serves 8**



½ Cup Butter Melted	Diced onion (1 cup)	Diced carrots (1 cup)	Diced celery (1 Cup)	
½ diced red & green pepper (divided)	2 tsp garlic minced	4 cups corn	2 peeled/diced potato	
¼ cup flour	2 bay leaves	6 cups whole milk	1 cup heavy cream	1 tsp thyme
½ cup cheddar cheese	liquid Smoke (dash)	Salt/Pepper to taste		

Melt butter and sauté the onion until soft. Add carrots, celery and garlic and cook until soft. Add flour and mix well. Add all other ingredients except the cheese (reserving ½ of the peppers for garnish), mix well and bring to a boil. Simmer for 30 min or until the potatoes are tender stirring often. Remove bay leaves; add cheese, stirring to melt. Garnish with remaining diced peppers, and parmesan crisps. Serve with crostini.

### **Parmesan Crisps:**

Grease a parchment lined pan. Add shredded parmesan into small mounds and sprinkle with pepper. Bake at 350 for 5-6 min or until golden brown. Cool completely. Carefully peel the crisps off the parchment and garnish on the chowder.

### **Garlic Herb Crostini**

Slice baguette into thin slices. Toss with ½ cup of melted butter and sprinkle generously with garlic. Bake at 350 until crisp (about 5-8 min). Sprinkle with parsley and serve with chowder.

\*for a lighter version substitute skim milk for the whole milk and cream.