



# Corn and Ham Chowder

## INGREDIENTS - Serves 4

*Chowders originated in the US, and are chunky soups. The flavours vary, but they all have cubed potatoes and onion or leek in a cream style sauce/soup.*

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| 1 tablespoon vegetable oil                                      | 2 cups liquid chicken or vegetable stock |
| 1 leek, trimmed and sliced                                      | 2 Tbsp chopped fresh parsley (optional)  |
| 2 sticks celery, diced  | 1/2 cup trim milk or lite sour cream,    |
| 2 medium (500g) potatoes, peeled and diced<br>into 1- 2cm cubes | pepper to season                         |
| 2 ham steaks, diced into small cubes                            |  |
| 1 410g can Wattie's® Cream Style Corn                           |  |

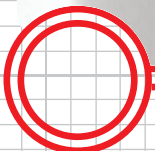
## METHOD

1. Place oil in a deep saucepan and heat on a medium heat for 1 minute.
  2. Add leek, celery, potato, and ham and fry gently stirring frequently until leek is slightly soft.
  3. Add Wattie's® Cream Style Corn and chicken or vegetable stock. Increase heat until the mixture comes to the boil.
  4. Reduce heat until it gently simmers. Cover and simmer for 10-15 minutes or until potatoes are tender.
  5. Remove from heat and stir in parsley and milk or sour cream and season with pepper to taste.
- Serve hot in bowls with crusty bread on the side.

**TIP** - Wash the vegetables well before starting to remove all dirt. Some leeks might have a little dirt inside them, so try and rinse out any that may be trapped inside the leek.

## RECIPE VARIATIONS

- For a meatier chowder, use a can of Wattie's® Cream Style Corn and Bacon instead of the plain cream style corn.
- For a vegetarian soup, don't use the ham steaks and use vegetable stock instead of chicken.
- If you can't get leeks, use an onion, peeled and diced.





## UNDERSTANDING INGREDIENTS

### Stock

The four main types of stocks are vegetable, chicken, meat and fish. Most stores sell ready-made or powdered stock, but making stock is simple, economical and helps make a great-tasting soup.

When using stock, don't add salt until your soup is cooked, as extra may not be needed.

#### *Vegetable Stock*

Most vegetables can be used for stock, except for cabbage which can have a very strong flavour and smell.

Good stock-base vegetables are: onions, garlic, potatoes, kumara, squash, carrots and herbs.

Use half solid ingredients (like vegetables) to half water. Cover your prepared (skinned, peeled, chopped etc) ingredients with water, bring to a boil and gently simmer for about an hour, keeping an eye on the liquid to make sure it doesn't all evaporate.

Leave to cool and strain through a sieve to remove any pieces of vegetables. Now you have your own homemade stock.

#### *Chicken Stock*

Chicken stock is a great way to use bones that are leftover from other meals, such as roast chicken.

Add the chicken to the vegetables and water as above and simmer for two hours. You may get some foam during simmering, but this can be skimmed off and thrown away.

When it has finished cooking, strain the broth and discard the bones and any pieces of vegetable. To reduce the fat, put the stock in the fridge for a few hours. The fat will rise to the top and go hard, so it can be easily removed before you use the stock.

#### *Fish Stock*

Seafood can also be used as an alternative to make stock; white fish scraps, bones and even shells are all great sources of flavour, but should be simmered for only 20 minutes.

## FOOD CHEMISTRY

### Why do thick and thin liquids boil differently?

- Thick (viscous) liquids like thick soups and syrups need a higher temperature to boil.
- This is because they often contain very large molecules (this is what makes them thick).
- Large molecules can't be vapourised (turned into gas like water turns into steam when it's boiled) as easily as water can. Water is made up of very small molecules, which is why it is thin.



## COOKING TECHNIQUES

### Sweating

The gentle cooking of vegetables at the beginning of making soup is called 'sweating'. The slow gentle cooking (without letting them brown) allows the cell structure of the vegetable to break down and all its flavours to be released.

### Simmering

To simmer soup it needs to be on the lowest possible heat. Simmering means the liquid is just below boiling point. To get a simmer you first let the liquid come to the boil and then reduce the heat so it is lightly bubbling or 'simmering'.

## NUTRITION FACTS

### Soup

Soup makes a yummy lunch or a quick and easy dinner.

Soups can be a really easy way to help get your five a day as they often contain many different types of vegetables. Plenty of vegetables mean there are often lots of different colours in one bowl.

It's good to eat different coloured vegetables (yellow, blue, purple, orange, red, white and green) each day.

List all the vegetable colours you have eaten this week:

**Colour**

**Vegetable**

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