

Smoky Corn Chowder

Serves 4

This recipe was adapted from a similar one I discovered in the February 2011 issue of Chatelaine magazine. The original recipe called for bacon and regular milk. Since we keep kosher, I swapped the smoked turkey for the bacon and used rice milk in place of regular milk. I find the taste of rice milk milder than soy milk.

3 ounces smoked turkey breast slices (from the deli), chopped into ¼ inch pieces
1 tablespoon vegetable oil
1 leek, (white part only) finely chopped
1 jalapeno pepper, seeded and finely diced
1 large russet or Yukon gold potato, peeled and cut into ½ inch dice
2 cups frozen corn kernels
1 ½ cups chicken stock or broth
1 ½ cups rice milk
1 398 gram can of cream style corn
1 sprig fresh thyme
1 bay leaf
¼ teaspoon (or more) kosher salt
¼ teaspoon freshly ground black pepper

1. Heat a large pot over medium heat. Add vegetable oil and let it get hot. Add smoked turkey and cook, over low heat until it gets a bit golden in colour, about 3 minutes.
2. Add leeks and jalapeno and sauté until soft, about 3 more minutes. If things start sticking to the bottom of the pot, add about ¼ cup of water, instead of more oil.
3. Add potato, corn, stock, rice milk, cream style corn, thyme sprig, bay leaf, salt and pepper. If you are using low sodium stock, you may want to add a bit more salt.
4. Simmer, partially covered, stirring occasionally until potatoes are tender, about 20 minutes. Remove thyme sprig and bay leaf. Taste for seasoning and add more salt and pepper if needed.

This soup keeps well in the fridge for 2 days or in the freezer for up to a month.