



Crawfish & Corn Chowder



Ingredients:

- 6 ounces andouille sausage, cut into 1/4-inch dice
- ¼ cup olive or vegetable oil, divided
- 1 cup finely chopped onions
- ½ cup finely chopped carrots
- ½ cup finely chopped celery
- 1½ tablespoons minced garlic
- ¾ cup finely chopped red bell peppers
- 1 cups fresh corn kernels (from 4 ears)
- ¼ cup all-purpose flour
- 6 cups chicken or shrimp stock or canned low-sodium chicken broth
- 1 ½ cups (½-inch cubes) peeled russet potatoes
- 2 ¼ teaspoons Essence, recipe follows
- 1 ½ teaspoons kosher salt
- ¼ teaspoon cayenne pepper
- 3 sprigs fresh thyme
- 1 pound cooked, peeled Louisiana crawfish tails (with any fat)
- ½ cup heavy cream, optional
- 2 tablespoons finely chopped fresh chives
- Chopped fresh parsley, for serving

Method:

1. In a Dutch oven over medium heat, add the andouille and 2 tablespoons of the oil.
2. Cook, stirring, until the andouille is browned and has rendered its fat, about 5 minutes.
3. Add the onions, carrots, and celery, and cook, stirring often, until vegetables are soft, about 5 minutes.
4. Add the garlic and cook until fragrant, about 30 seconds.
5. Add the remaining oil, bell peppers, and corn to the pot and cook for 10 minutes, stirring often.

DENE

6. Sprinkle the flour over the vegetables in the pot and cook, stirring constantly, for 2 minutes.
7. Add the chicken stock to the pot and stir to combine.
8. Add the potatoes, Essence, salt, cayenne, and thyme to the pot and bring to a boil, then reduce to a simmer and continue to cook for 20 minutes, or until potatoes are very tender.
9. Add the crawfish and heavy cream, if using, stir to combine, and cook for 5 to 10 minutes, just until crawfish are heated through.
10. Stir in the chives, taste, and adjust the seasoning, if necessary. Serve in soup bowls, garnished with the parsley.