



Shrimp Corn Chowder



Ingredients:

- 2 TBLs olive oil
- 1 pound shrimp peeled and deveined
- 1 tsp salt
- ½ tsp pepper
- 2 TBLs butter
- ½ large onion chopped
- 2 large carrots sliced
- 2 stalks celery diced
- 2 TBLs all-purpose flour
- 2 cloves garlic minced
- 1 tsp fresh rosemary minced
- 4 cups chicken stock
- 3 cups corn kernels
- ½ cup heavy cream
- 1 bay leaf optional

Method:

1. Add the olive oil to a Dutch oven or large soup pot and heat over medium-high heat.
2. Add the shrimp in a single layer and sprinkle with salt and pepper.
3. Cook the shrimp for 2 minutes per side until just barely pink.
4. Remove the shrimp and set aside in a bowl.
5. Add the butter to the same pot after removing the shrimp.
6. Add the diced onion, carrot, and celery and sauté for 6-7 minutes until vegetables are tender.
7. Then add the flour, garlic, and rosemary.
8. Stir until the vegetables are coated in the flour and cook for about a minute.
9. Add one cup of broth and scrape the bottom of the pot with a wooden spoon to remove anything on the bottom (to prevent it from burning)
10. Add the remaining broth along with the corn, and bay leaf and bring to a boil over medium-high heat.
11. Reduce the heat to low and add in the heavy cream, stirring to combine well.
12. Add the shrimp back into the pot and cook for an additional 2 or 3 minutes until the shrimp are warm.