

# Iowa Corn Chowder

*It is fitting that this chowder is identified with the state of Iowa, since Iowa ranks first in the United States in corn production. This heartland soup is so substantial that it can be a complete meal. For best results, use fresh corn.*

1. In a large pot, heat oil and sauté chicken, onion, and celery over moderate heat for 6 to 8 minutes, or until tender, stirring frequently.
2. In a blender, combine 1 cup of chicken broth and 2 cups of the corn. Blend on high speed until smooth.
3. Add corn mixture to pot, along with remaining 2 cups corn kernels, the potatoes, the remaining 3 cups chicken broth, and salt. Bring to a boil over high heat. Reduce heat to low and simmer, partially covered, for 40 minutes, or until potatoes are tender.
4. Stir in half-and-half or cream, cayenne, and white pepper and simmer 2 to 3 minutes. Ladle soup into 6 bowls and sprinkle with crumbled bacon and coriander.

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servings: 6

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- 2 tablespoons vegetable oil
- 1 pound boneless, skinless chicken breast, cut into ½-inch cubes
- 1 medium onion, finely chopped
- 2 celery stalks, finely chopped
- 4 cups chicken broth
- 4 cups whole corn kernels, fresh, canned, or frozen and thawed
- 3 medium red potatoes, diced, skin left on
- ½ teaspoon salt, or to taste
- 1 cup half-and-half or heavy cream
- Pinch cayenne pepper
- ⅛ teaspoon white pepper, or to taste
- 6 slices crisp-cooked bacon, crumbled
- Chopped fresh coriander, for garnish