



Bowdoin College
Creamy Corn Chowder
(serves 8)

2 T.	Butter
2 c.	Onions, medium, chopped
2 T.	AP Flour
2 lb.	Maine Potatoes, peeled and chopped
5 c.	Vegetable Stock
2 c.	Frozen Corn
15 oz.	Cream-style Corn, canned
1 ½ c.	Milk
½ c.	Half & Half
½ t.	Salt
½ t.	White Pepper
Dash	Parsley, chopped

1. Saute onions in butter or margarine over medium heat until softened.
2. Add flour and stir thoroughly. Cook gently for 2 minutes.
3. Add potatoes and vegetable stock. Stir to incorporate roux. Simmer until potatoes are tender.
4. Add frozen and creamed corn, simmer 5 minutes.
5. Add milk, cream, salt and pepper and heat gently to 160 degrees.
6. Garnish with parsley before serving.