



## **Cornucopia Corn Chowder + Crispy Cornbread Croutons**

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**Prep Time** 20 / **Cook Time** 40 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH OR FROZEN

☐ 2 C frozen or fresh corn kernels

☐ 4 green onions

☐ 2 medium russet or Yukon Gold potatoes

☐ DAIRY AND EGGS

☐ 2 C milk **\*\*(see allergy subs below)\*\***

☐ 1 T butter **\*\*(see allergy subs below)\*\***

☐ 2 eggs **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 1 vegetable bouillon cube **\*\***

☐ 1 C + 1 T all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 2 tsp salt + more to taste

☐ 1 tsp ground black pepper

☐ 1 bay leaf

☐ 1 1/2 tsp ground mustard

☐ 1 1/2 tsp paprika

☐ 1/2 tsp ground thyme

☐ 1 C cornmeal

- ☐ 3/4 tsp baking powder
- ☐ 1/3 C vegetable oil \*\*
- ☐ HAVE ON HAND
- ☐ 4 C water
- ☐ Paper cupcake liners
- ☐ "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
- ☐ 1 cucumber
- ☐ 1 lime
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 1 mint sprig

## Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**slice:** to cut into thin pieces using a sawing motion with your knife.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**chop:** to cut something into small, rough pieces using a blade.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

## Equipment

- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring cups
- ☐ Large pot
- ☐ Immersion blender or stand blender
- ☐ Skillet
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Measuring spoons
- ☐ Ladle
- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners
- ☐ Large mixing bowl
- ☐ Whisk

## Ingredients

### Cornucopia Corn Chowder

- ☐ 2 C frozen or fresh corn kernels, divided
- ☐ 1 vegetable bouillon cube \*\*
- ☐ 4 C water
- ☐ 4 green onions
- ☐ 2 medium russet or Yukon Gold potatoes
- ☐ 1 C milk \*\*(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)\*\*
- ☐ 1 T butter \*\*(for DAIRY ALLERGY sub 1 T dairy-free/nut-free butter)\*\*

☐ 1 T all-purpose flour **\*\*(for GLUTEN ALLERGY sub 1 T cornstarch)\*\***

☐ 1 tsp salt + more to taste

☐ 1/2 tsp ground black pepper

☐ 1 bay leaf

☐ 1 tsp ground mustard

☐ 1 tsp paprika

☐ 1/2 tsp ground thyme

## Crispy Cornbread Croutons

☐ 1 C cornmeal

☐ 1 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub 1 C gluten-free/nut-free all-purpose flour)\*\***

☐ 1/2 tsp ground mustard

☐ 1/2 tsp paprika

☐ 1 tsp salt

☐ 1/2 tsp ground black pepper

☐ 3/4 tsp baking powder

☐ 2 eggs **\*\*(for EGG ALLERGY sub 1 T ground flaxseeds + 1/4 C water, stirred until thick)\*\***

☐ 1 C milk **\*\*(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)\*\***

☐ 1/3 C vegetable oil **\*\***

## "Water You Cooking Up?" Flavored Water

☐ 4 C water

☐ 2 C ice

☐ Choose 1 or more of the following fresh ingredients to flavor your water:

☐ 1 cucumber

☐ 1 lime

☐ 1 lemon

☐ 1 orange

☐ 1 mint sprig

# Food Allergen Substitutions

## Cornucopia Corn Chowder

**Dairy:** For 1 C milk, substitute 1 C dairy-free/nut-free milk. For 1 T butter, substitute dairy-free/nut-free butter.

**Gluten/Wheat:** For 1 T all-purpose flour, substitute 1 T cornstarch.

## Crispy Cornbread Croutons

**Gluten/Wheat:** 1 C all-purpose flour, substitute 1 C gluten-free/nut-free all-purpose flour.

**Egg:** For 2 eggs, substitute 1 T ground flaxseeds + 1/4 C water, stirred until thick.

**Dairy:** For 1 C milk, substitute 1 C dairy-free/nut-free milk.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

## "Water You Cooking Up?" Flavored Water

# Instructions

## Cornucopia Corn Chowder

### intro

Chowder is a thick, creamy soup often made with milk or cream. It usually contains ingredients like potatoes, onions, and seafood or corn. People enjoy chowder warm, especially on cold days. The original recipe dates all the way back to 1751! This corny version of the classic recipe will feature a corn and cream broth, thickened with roux and seasoned with a warm blend of spices.

### simmer + blend

First, pour **1 cup corn kernels**, **1 vegetable bouillon cube**, and **4 cups water** into a large pot over medium heat. Then, simmer for roughly 5 minutes or until the corn is super soft and the bouillon cube is fully dissolved. Blend the mixture using an immersion blender (or pour into a stand blender). A few small chunks of corn should remain but overall you should have a smooth corn broth. Set aside for later.

### chop + measure

Next, chop **4 green onions** and **2 potatoes**. Measure and add **1 tablespoon of butter** to a skillet over medium heat. Then, add the chopped green onions and potatoes.

### sauté + sprinkle

Stir and sauté the mixture for about 5 minutes. Meanwhile, measure **1 teaspoon salt**, **1/2 teaspoon black pepper**, **1 bay leaf**, **1 teaspoon mustard**, **1 teaspoon paprika**, **1/2 teaspoon thyme**, and **1**

**tablespoon flour.** Sprinkle all of the seasonings and flour into the skillet with the vegetables. Stir constantly until the flour and butter are all combined.

### scrumptious science

In the above step you are making a "roux" (pronounced "roo")! What is a roux? Roux, or chef's paste, is a cooked combination of butter and flour in equal parts. This mixture is then used to thicken stocks and cream into various sauces and soups. For this recipe, we will make a simple roux, which is made by combining your butter and flour over a low heat until all the flour and butter are fully combined into a blonde paste. From there, stock, cream, or water can be added to create soups and sauces with vegetables or meat incorporated into the mix.

### stir + pour

Slowly pour **1 cup of milk** into the skillet. Stir until the roux is combined with the milk.

### simmer + season

Add the corn broth you set aside earlier. Simmer the mixture for roughly 15 minutes or until the broth is thick enough to coat your spoon and the potatoes are soft. Taste and check to see if you need to add any more salt. Finally, stir in the remaining **1 cup of corn kernels**. Simmer for 2 more minutes.

### serve + slurp

Serve heaping ladlefuls of the hearty and delicious Cornucopia Corn Chowder! Top it off with some **Crispy Cornbread Croutons**! Slurp it up and enjoy!

## Crispy Cornbread Croutons

### measure + whisk

In a large bowl, measure **1 cup cornmeal, 1 cup flour, 1/2 teaspoon mustard, 1/2 teaspoon paprika, 1 teaspoon salt, 1/2 teaspoon black pepper,** and **3/4 teaspoon baking powder**. Whisk until there are no lumps. Then, crack in **2 eggs**. Also, measure **1 cup milk** and **1/3 cup vegetable oil** and add those to the bowl. Whisk until a smooth batter forms.

### preheat + bake + cool

Preheat your oven to 375 F. Line a muffin pan with cupcake liners. Pour **1/3 cup of the batter** into each well of the muffin pan. Bake for 15 minutes. Remove to cool for a few minutes. Meanwhile, you can bake any leftover batter to make extras.

### slice + crumble

Once the cornbread is cooled, you can slice or crumble them to make a crouton topping for chowder, like our **Cornucopia Corn Chowder**. Eat and enjoy! Bon appétit!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

## Featured Ingredient: Corn!

Hi, my name is Maizy, and I'm an ear of corn!

"I'm pretty close to my dad—his name's Pop Corn. (I know, my humor can be kind of corny ... but, that's me!) I'm great to eat on the cob, either boiled or grilled, especially at summer picnics. If you buy me in a store, make sure my husk is still on and pull it back just a bit. My kernels should look fresh, plump, and juicy! (A kernel might just squirt liquid when poked or eaten!) So, how do you eat corn on the cob? Across, down, or both?"

### History

Corn was first cultivated by indigenous people in southern Mexico anywhere from 7 to 10,000 years ago. Corn is unique: most vegetables and fruits we eat today are domesticated versions of wild plants humans discovered long ago. Corn is a human invention and did not exist in the wild first, although it did start from a wild grass called "teosinte." Teosinte didn't look like modern corn on the cob looks today. The kernels were much smaller and further apart.

Corn was known as "maize" by Native Americans in South and North America, and they eventually depended upon this crop for food. Over time, maize was selected to have more kernels, bigger cobs, and more kernel rows.

Many Native American tribes tell the story of the origin of corn. Tribes preserved their tales and retold them over many generations. They passed down stories through oral tradition, writing down only some of the stories. According to Native American lore, corn came to Earth by various routes.

When Spanish explorers arrived in the Americas, they had never seen corn before, among many other things the indigenous people showed them.

Corn is produced on every continent in the world except Antarctica! As a result, corn and cornmeal are staple foods of many regions.

Native Americans used to braid corn husks to make masks, moccasins, sleeping mats, baskets, and dolls. Today, corn is in many products we use daily. Cornstarch is used to thicken sauces, to strengthen the fabric used to make clothing, and to bind books. Soft drinks are sweetened with corn syrup, chickens and cows are fed corn, and the ink in pens is made from corn oil. Corn is used to make glue, shoe polish, marshmallows, ice cream, and makeup. Corn is also used to produce ethanol—a liquid biofuel used to power cars.

Corn comes in many colors, including black, blue-gray, purple, green, red, white, and yellow.

The six main types of corn are: "Sweet" corn is the kind we eat. "Dent" corn is fed to cows and chickens. Another variety is "Popcorn," a popular snack food. Its hard kernels inflate and burst open when heated.

"Flint" or "Indian" corn is multicolored and often used for Thanksgiving decoration, although it's also used to make popcorn and blue and red corn chips and tortillas. "Pod" corn (or wild maize) is a mutated type of corn that grows glumes (leaf structures) around each kernel and is used for ornamental purposes. Finally, "Flour" corn is mainly used to make corn flour (that makes sense!).

The early settlers to North America considered corn so valuable they used it as currency to trade for other products such as meat and furs.

## Anatomy & Etymology

Corn is a tall plant grass that has large ears with many seeds or kernels.

Most corn plants have a single stalk. The stalk grows vertically up from the ground, and the variety of corn and the plant's environment will determine how tall it grows.

Corn plants have both male and female parts—the name for this type of plant is "monoecious." The male part, the tassel, emerges at the top of the plant when all the leaves have formed. The tassel contains many branches that house many small male flowers. The female part of the corn plant is the silk that grows out of the ear. The immature ear consists of a cob, eggs that develop into kernels after pollination, and silks. One corn plant will produce more than one ear of corn, with the ear at the top of the plant usually growing the largest.

According to the USDA, corn can be used as a grain or a vegetable, depending on when it is harvested. If corn is fully mature and becomes dry, it is considered a grain. It can then be ground into cornmeal or corn masa, which you'll find in corn tortillas, cornbread, etc. Popcorn kernels are also whole grains that are harvested when mature. Corn on the cob and the corn kernels found in frozen or canned corn are picked when the kernels are soft and full of water. In these forms, corn is considered a starchy vegetable.

One ear of corn has, on average, as many as 800 kernels in 16 rows! Corn will always have an even number of rows on each cob. Each kernel can potentially become a new plant!

The word for "corn" that is used by most of the world is "maize," which comes from the Spanish word "maiz."

## How to Pick, Buy, & Eat

Fresh corn on the cob is seasonal during July and August. Choose ears of corn with yellow or white niblets and inspect each ear of corn before buying. Avoid any corn that has dark or dried spots. Store fresh corn in the fridge until ready to use.

Frozen corn is a great alternative when fresh corn isn't in season. You don't have to thaw frozen corn before adding it to baked recipes, soups, pasta, chili, or risotto! However, if adding frozen corn to sautéed recipes, run a colander of frozen corn under warm water to thaw it out a bit first.

Sauté frozen corn rather than boiling it—boiling will destroy all the flavor! Butter, salt, and pepper are all you need. When sautéing corn, add the salt right at the end. Since salt draws out moisture, salting too soon will dry out your corn.



Frozen corn tastes fresher than canned corn. Many grocery stores even sell frozen cobs of corn. Frozen corn will keep for months.

## Nutrition

Phosphorous is a mineral the body uses to build strong bones. Phosphorus also helps the body to produce energy. Starches in corn also provide you with long-lasting energy.

Fiber helps to keep our inner pipelines clean and clear. Drinking plenty of water helps move fiber through our intestines to clean them out! Vegetables, fruit, and grains have the most fiber of any food. Fiber is also important for our hearts! Leaving on the edible peels of vegetables and fruits also helps us to eat more fiber.

Potassium helps balance water in the body when eating salty foods by maintaining normal fluid levels inside our cells. Salt or sodium regulates the fluid outside of our cells. It is also necessary for proper muscle contraction, nerve transmission, and better blood pressure.