**Crab and Corn Chowder**

4 Tbsp butter or vegetable oil (I prefer butter)

4 cloves of garlic, minced

1 cup yellow or sweet onion, small diced

½ cup celery, small diced and keep the leaves on if you can

½ cup carrot, small diced

½ cup red bell pepper, small diced

3 Tbsp flour

1 16oz. bag of frozen corn or 3-4 ears of fresh corn cut from the cob

3 cups chicken or vegetable broth

1 cup heavy cream or ½&½

1 pkg. crab meat (at least 8 oz.)

You could also substitute lobster meat if you’re feeling crazy

Salt and pepper to taste

½ tsp Old Bay

½ tsp cayenne (if you like it a little spicy)

½ tarragon (if you have it in the pantry, if not it’ll be fine without it)

Cornstarch slurry (maybe)

1. In a heavy bottom pot, sweat the garlic and onions in the butter or oil until they are clear, about 7-8 minutes. Ass salt and pepper to taste
2. Add carrots and cook another 3-4 minutes, until they just start to soften.
3. Add celery and bell peppers and cook for another 3-4 minutes, until they just begin to soften.
4. Add the flour and mix well; it should form a floury/vegetabley paste.
5. Pour in chicken or vegetable broth and bring to a simmer, it should thicken a little bit.
6. Add the corn. If you are using the frozen corn, just bring it back up to a simmer. If you are using fresh, you need to cook it for about 5 minutes.
7. Stir in the heavy cream and crab meat and return to a simmer.
8. Season to your liking.
9. If it is not the consistency you like, you can either reduce it until it thickens to your liking or you can make a slurry with cornstarch and a little water. If you make the slurry, whisk a small amount in at a time and return it to a simmer. As soon as it simmers, check it, if you would like it thicker, add a little more slurry and repeat.