



Corn and Lobster Chowder

prep time:
40 minutes

cook time:
55 minutes

makes 8 servings

grocery list

5 fresh 1- to 1½-lb. lobsters
bacon
fresh onion and fresh corn
russet potatoes and medium red bell pepper
chicken broth
half-and-half
fresh flat-leaf parsley
Morton & Bassett Red Chili Flakes
La Baleine Sea Salt
fresh chives

Exclusive Chef Faith Alahverdian recipe.

corn and lobster chowder

- 5 (1- to 1½-lb.) lobsters
- 6 bacon slices, diced
- 2 cups chopped onion
- 1½ cups fresh corn kernels
- 3 russet potatoes, peeled and cut into ¼-inch pieces
- 1 red bell pepper, seeded and chopped
- 6 cups chicken broth
- 1 cup half-and-half
- ¼ cup chopped fresh parsley
- ¼ tsp. **Morton & Bassett Red Chili Flakes**
- La Baleine Sea Salt**
- 2 tsp. freshly chopped chives

1. Steam lobsters in 1 inch of salted boiling water in a large kettle or Dutch oven 8 to 10 minutes. Remove lobster with tongs, drain and cool.
2. Remove meat from lobster shell, tail and claws using a heavy chef's knife or kitchen shears. Chop meat and set aside.
3. Cook the bacon in a large pot over medium-low heat 5 minutes or until done; drain. Add onion and corn to reserved bacon fat; sauté 1 to 2 minutes until onions are translucent. Remove corn mixture with slotted spoon and reserve. Add potatoes and bell pepper; sauté 5 minutes. Add broth and bring to boiling over medium-high heat. Reduce heat and simmer 15 to 20 minutes or until potatoes are tender, stirring occasionally.
4. Add the half-and-half and corn; cook over low heat 10 minutes more. Add lobster, parsley and red pepper flakes; cook over medium-low heat 5 minutes. Season with salt to taste. Garnish with chives and serve immediately.

Per Serving: 547 calories, 25g carbohydrate, 64g protein, 20g fat, 7g saturated fat, 2g fiber, 319mg cholesterol, 1392mg sodium

kitchen tools

- large pot with cover
- large tongs
- chef's knife
- kitchen shears
- cutting board
- large pot
- vegetable peeler
- measuring cups
- slotted spoon
- heatproof spatula

recipe note

When adding cooked lobster back to the hot chowder, do at the last minute. Otherwise, the lobster will become overcooked and flavorless.

a good idea

It is best to cook lobster the day it is purchased. Or, refrigerate live lobsters on a bed of ice covered by a damp cloth for no more than a day or two.

