



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Carrot**



**Sweet Potato**



**Thyme**



**Corn**



**Potato**



**Whole Milk**

# Corn Chowder (Pie'skmnapu'l)

by Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 x 8 oz (250 mL) chowder and 1 piece Lu'skinikn

## Ingredients

2 Tbsp (30 mL)	<b>Butter</b> or oil
2 large	<b>Onion</b> , diced
2 lb (907 g)	<b>Carrots</b> or <b>sweet potatoes</b> , diced
2 tsp (10 mL)	Nutmeg
1 tsp (5 mL)	Dried <b>thyme</b> , or 1 Tbsp (15 mL) fresh <b>thyme</b>
1 tsp (5 mL)	Ground black pepper
2 ½ Tbsp (40 mL)	Salt
9 lb (4 kg)	<b>Corn</b>
5 lb (2.27 kg)	<b>Potatoes</b> , peeled if necessary and diced
16 cups (4 L)	Water
16 cups (4 L)	<b>Whole milk</b>
¼ cup (60 ml)	Cornstarch

## Directions

*Note:* Wash all produce well. The thick nature of this soup means it is best held in hotel pans in warming tables or the oven because it can stick to the bottom of the cooking pot and burn easily.

1. Heat the butter or oil in a large pot over medium-high heat. Saute onions with carrots or sweet potato, nutmeg, thyme, pepper and salt until tender. Add water, bring to a boil, then reduce to simmer until carrots are soft, about 15 minutes. Blend with an immersion blender if desired.
2. Add the diced potatoes and bring to a simmer over medium heat, stirring often. Cook until the potatoes are tender, 15-20 minutes. Add the corn and milk and continue cooking until heated through.
3. Mix the cornstarch with enough milk or water to make a slurry, then add it to the simmering soup. Heat until thickened.
4. Hold soup at a minimum 140°F (60°C) internal temperature until service.



## Create Your Plate!

### Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Dulse** or **nori** - flaked or torn
- ★ **Sweet potatoes** - diced and roasted
- ★ **Carrots**
- ★ Grilled **corn** (adds a fun flavour)
- ★ Edamame
- ★ **Kale**
- ★ Diced baked **ham**
- ★ Diced **chicken**
- ★ **Green onions**
- ★ Shredded **cheese**
- ★ **Green beans**
- ★ **Peas**
- ★ **Spinach**
- ★ **Fiddleheads** - cooked
- ★ **Tomato**
- ★ **Kale chips**
- ★ **Sweet peppers**
- ★ **Squash**
- ★ **Popcorn** (local popcorn is a fun way to show the different edible forms of corn on the same plate!)
- ★ **Fruit**

## Equipment

- 16-20 quart pot
- One 2" deep full-size hotel pan
- Immersion blender or blender
- Large mixing bowl

## Note from the Authors

"We've adapted this beloved Mi'kmaw bread from Joanne Cope's recipe on the Nilu'nal app. It is also known as 4 Cents. Our version incorporates some whole wheat flour for added fiber and a nutty flavour, but you can use all-purpose flour for a traditional taste."

- Jenny & Rosie

## Tips & Tricks

### Change It Up!

The origins of chowder are a little unclear, but the name comes from *chaudière*, French for cauldron. Chowders have definitely been a Maritime favourite for hundreds of years, with recipes going back generations. This comfort dish lends itself well to variations.

- **Corn Chowder with Ham or Pork:** Add 1 lb (454 g) chopped baked ham or cooked lean pork with the potatoes in Step 2.
- **Cheddar Chicken Corn Chowder:** Add 2 cups (500 mL) grated cheddar, 1 Tbsp (15 mL) ground toasted cumin, 1 bunch thinly sliced green onion and 4 cups (1 L) cooked, diced chicken in Step 4. Yield will be higher.
- **Fish Chowder:** Omit the corn and nutmeg. Add 5 stalks celery, diced, when cooking the onions and carrots. Do not blend. Increase the potatoes to 10 lb (4.54 kg). Once the soup is cooked, remove from the heat and add 5 lb (2.25 kg) boneless, skinless cod or haddock pieces. Cover and allow the soup to stand until the fish is cooked through, then stir to break the fish up and serve.

### Veg It Up!

To make a simple all-season version of Hodge Podge, omit the corn in the chowder and add more diced carrots plus fresh or frozen green beans in Step 3. Do not blend. Once the soup is cooked in Step 4, stir in fresh or frozen peas.



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**Whole Wheat Flour**



**Butter**

## Bonus Recipe: Lu'skinikn

Adapted from the *Nilu'nal app of Mi'kmaw recipes* by Jenny & Rosie with Yolanda Denny, Mi'kmaw Language Consultant at Mi'kmaw Kina'matnewey

Yield: 50 servings

### Ingredients

5 cups (1.25 L)	<b>Whole wheat flour</b>
5 cups (1.25 L)	Unbleached all-purpose flour
½ cup (125 mL)	Baking powder
2 tsp (10 mL)	Salt
1 cup (250 mL)	<b>Butter</b> or non-hydrogenated shortening
4 cups (1 L)	Water

### Directions

1. Preheat the oven to 350°F (175°C) and butter a full-size hotel pan or line with parchment paper.
2. In a large bowl, combine flour, baking powder and salt. Cut in butter or non-hydrogenated shortening until well blended.
3. Add the water and stir until the dough is evenly moistened. Knead with your hands until the dough is smooth.
4. Pat evenly into the prepared hotel pan. With a knife, score into the desired number of squares (cut halfway through the dough). Bake for 35-40 minutes, until golden brown. Cut the pieces all the way through and serve.