



Green for Go Local

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



Carrot



Thyme



Sweet Potato



Potato



Corn



Whole Milk

Celebrate the seasons
 with the fun shapes and
 colours of the harvest.

See [our menu](#) for more
 side ideas!

Corn Chowder (Pie'skmapu'l)

by Jenny & Rosie

Yield: 50 × 8 oz (250 mL) chowder and 1 piece Lu'skinikn

Ingredients

- | | |
|------------------|---|
| 2 Tbsp (30 mL) | Butter or oil |
| 2 large | Onion , diced |
| 1 lb (454 g) | Carrot , diced |
| 2 tsp (10 mL) | Nutmeg |
| 1 tsp (5 mL) | Dried thyme , or 1 Tbsp (15 mL) fresh thyme |
| 1 tsp (5 mL) | Ground black pepper |
| 2 ½ Tbsp (40 mL) | Salt |
| 1 lb (454 g) | Sweet potatoes or butternut squash , peeled and diced |
| 9 lb (4 kg) | Corn , divided into ¼ and ¾ portions |
| 5 lb (2.27 kg) | Potatoes , peeled if necessary and diced |
| 16 Cups (4 L) | Water |
| 16 Cups (4 L) | Whole milk |
| 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, thyme, nutmeg and salt until the onions are tender. Add the water, about a quarter of the corn and the sweet potatoes (or squash). Bring to a boil, then reduce the heat and simmer until the carrots are soft.
2. Blend with an immersion blender, or let cool and blend carefully in small batches in a blender or food processor. Return the soup to the pot over medium heat and add the diced potatoes.
3. Bring to a simmer, and cook until the potatoes are just tender, 15-20 minutes. Add the remaining corn and heat through.
4. Mix the cornstarch with 1 Cup of the milk and set aside. Pour the remaining milk into the soup and bring to a simmer but do not boil. Stir the cornstarch mixture and pour slowly into the soup. Cook for another 10 minutes.
5. Hold soup at a minimum 140°F (60°C) internal temperature until service.



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Whole Wheat Flour



Butter

Bonus Recipe: Lu'skinik

Adapted from the Nilu'nal app of Mi'kmaw recipes by Jenny & Rosie with Yolanda Denny

Yield: 50 servings

Ingredients

5 Cups (1.25 L)	Whole wheat flour
5 Cups (1.25 L)	Unbleached all-purpose flour
½ Cup (125 mL)	Baking powder
2 tsp (10 mL)	Salt
1 Cup (250 mL)	Butter 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.



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 or Bannock. 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.