

## Potato Corn Chowder {and my love affair with bacon fat}

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by EDIE WADSWORTH on JANUARY 16, 2014



Here's what you need:

1 onion  
1 32 oz bag frozen corn (could certainly use fresh corn when it's in season but the frozen works great too)  
1/2 to 1 red pepper, diced  
1 stalk of celery, diced  
3 yukon potatoes, peeled and diced 3-4 springs of thyme  
salt and pepper  
cayenne pepper  
2 boxes of chicken stock  
2 T. flour  
1 T. bacon fat  
1 T. butter  
1 T. olive oil  
1/2 c. heavy cream  
1 T. honey

What you'll do:

- Melt the butter and bacon fat in a large stock pot and then add the olive oil.
- Add the chopped onion, red pepper and celery, a pinch of cayenne pepper and then salt and pepper. (You'll reseason at the end but make sure you start the process now for depth of flavor.)
- Cook these on med high so that the onions will brown a little.
- When those have sautéed for 4-5 min, add the flour and cook it about a minute.
- Add all the chicken stock, along with the frozen corn.
- Add the thyme (you can either put the whole stems with the leaves on them and then remove the stems at the end or pull the leaves off the stems and just add the leaves) and potatoes and cook for 30 min on med heat until the potatoes are tender.
- When they are tender, add the honey and cream and then reseason as needed. Since there aren't many seasonings in this soup, I add lots of pepper.
- Enjoy the some crusty bread!

**SOURCE:** <http://www.lifeingraceblog.com/2014/01/potato-corn-chowder-and-my-love-affair-with-bacon-fat/#euiy3z2bqdVc1uFd.99>