

Shrimp and Corn Chowder with Corn Salsa

From a class with Susan Vollmer, 2020



SOUP:

- 2 pounds medium shrimp, shelled and deveined
- 6 garlic cloves, minced
- 2 green onions, minced
- 2 tablespoons fresh lime juice
- Salt
- 2 cups corn, fresh or frozen, and thawed
- 2 cups whole milk
- 2 tablespoons annatto oil (see instructions below)
- 1 large red onion, finely chopped
- 1 red bell pepper, finely chopped
- 1 teaspoon ground cumin
- 3 plum tomatoes, seeded and finely chopped
- 6 cups low-sodium chicken broth
- 2 tablespoons cilantro, minced
- 1/4 teaspoon cayenne pepper

TANGY CORN SALSA:

- 1 cup frozen corn, thawed
- 3 Roma tomatoes, finely chopped
- 2 green onions, minced
- 2 tablespoons cilantro, minced
- 2 1/2 tablespoons fresh lime juice
- Salt and pepper to taste

ANNATO OIL:

- 1/2 cup neutral oil
- 1/4 cup annatto seeds

Per Serving (excluding unknown items): 300 Calories; 10g Fat (27.1% calories from fat); 37g Protein; 25g Carbohydrate; 3g Dietary Fiber; 181mg Cholesterol; 245mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 8

NOTE: This soup could also be made with chicken, scallops, or a firm-fleshed white fish.

1. In a large, shallow glass or stainless-steel bowl, toss the shrimp with two-thirds of the minced garlic, the scallions, lime juice and 1 teaspoon of salt. Cover with plastic wrap and refrigerate for at least 1 hour or for up to 3 hours.
2. In a food processor, puree the corn with the milk. Pour the puree through a coarse strainer, pressing on the solids to extract as much liquid as possible.
3. ANNATTO OIL: Heat the oil and annatto seeds in a small saucepan. Bring to a simmer, remove from heat and cool. Strain to remove seeds. Will keep in refrigerator for about 2 months.
4. Heat the annatto oil in a large sauce-pan or enameled cast-iron casserole. Add the remaining garlic, onion, bell pepper and cumin and cook over moderate heat, stirring, until the vegetables are slightly softened, about 5 minutes. Stir in the tomatoes and cook for 2 minutes longer. Add the corn milk, stock, cilantro and cayenne and bring to a boil. Simmer over moderately low heat until very flavorful, about 20 minutes.
5. Pour the soup through a coarse strainer. Working in batches, puree the vegetables in a blender. Return the puree and the strained broth to the saucepan and bring to a simmer. Add the shrimp and its marinade and cook over moderate heat until the shrimp are just opaque throughout, about 2 minutes. Season with salt and serve in warmed soup plates or bowls with the Tangy Corn Salsa.
6. SALSA: Combine ingredients in a bowl, season with salt and pepper and allow to sit for at least an hour (refrigerate) then bring to room temp before serving.