

Summer Corn Chowder (with seared trout)

More simmered vegetables than soup light fresh meal that's ready in 30 minutes. Topped with local seared trout it's a meal that is best enjoyed on market day.

Serves 2

2 tablespoons *Mountview Canola Oil*
½ cup diced onion or shallot
1 garlic clove, minced
½ lb new red or white potatoes
2 ears *Taber Corn*
1 tsp thyme
½ tsp paprika
½ tsp salt
½ tsp black pepper
5-6 leaves *Food e Farms Basil*, sliced into ribbons
1 ½ cups stock (veggie, chicken or fish)
½ cup milk or alternative (oat mylk creates a cream like broth)
8 oz *Crystal Rill Trout Farm trout* (optional, omit for vegan or vegetarian)

Heat oil in a large sauce pot. Add onion, and sauté until fragrant over medium low heat. While onions are cooking cut potatoes in half then slice into ¼ inch slices. Add minced garlic, thyme, paprika and potatoes to the onions and continue cooking. Slice corn kernels from the cob and add to the pot. Next, pour in the milk of choice, salt, and pepper. Partially cover pot with a lid and bring to a simmer. Cook for 10 minutes or until potatoes are fork tender.

While potatoes are simmering heat a skillet over medium-high heat. Season the trout with additional salt and pepper and sear each side. Lower heat and cook until your desired doneness. Set aside.

When the potatoes are fork tender stir in half of the fresh basil and adjust seasonings if needed. If broth is a bit thin allow to cook uncovered for an additional 2-3 minutes to give the soup a creamier texture.

Stir in the remaining basil and serve immediately with seared trout gently placed on top. Garnish with a sprinkling of freshly chopped basil if desired.

**For added corn flavour cut the naked corn cobs into smaller pieces and allow to simmer with the potatoes. Remove before serving.*