

A friend gave this recipe to me in the 1980's. Not only did we share recipes, but also we raised and showed dogs, bred horses, raised children and genuinely clicked as friends. This soup was the school children's favourite when our girls were young, and the recipe spread amongst the island's families. It then moved on to being a mainstay of the Soup's On program, and was included in the island's cookbook.

It continues to nourish us during the fall, winter and early spring. I try to keep a tin of creamed corn in the pantry, just for this.

Midwest Chowder

8 servings

Ingredients:

2 carrots
1 yellow onion
2 stalks celery
4 good-sized potatoes (or 5/6 smaller ones)
2 c boiling water
1½ t salt
½ t pepper
¼ c butter
¼ c flour
2 c milk – room temperature or slightly heated
2 c grated cheddar (about 8 oz / 225 gr)
1 – 14oz tin of Creamed Corn

Directions:

Peel, trim and chop carrots & onion, not bigger than ½" pieces.

Trim and chop celery, not bigger than ½" pieces.

Peel and dice the potatoes. These can be a bit bigger.

Put the vegetables in a large pot, and add the salt, pepper and 2 cups of boiling water.

The water should just cover the vegetables.

Bring the mixture to a boil, and simmer for 10 minutes or until the carrots and potatoes are fork tender.

In another pot, melt the butter over medium heat, add in the flour and whisk to combine.

Slowly add in the milk, whisking to create a white sauce.

When thickened, stir in the cheese and corn.

When melted and uniform, add this to the cooked vegetable mixture. Bring back to a simmer for 10- 15 minutes, and serve.