

Spicy Corn and Crab Chowder

INGREDIENTS:

- 1 medium poblano chile
- 1 tablespoon butter
- 1 cup finely chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon ground red pepper
- 1 (16-ounce) package frozen corn kernels, thawed
- 1 cup half-and-half, divided
- 1 (8-ounce) russet potato, peeled and chopped
- 2 cups shellfish stock or clam juice
- 2 tablespoons all-purpose flour
- 1 cup 2% reduced-fat milk
- 8-ounces Dungeness or Stone crab meat

DIRECTIONS:

1. PREHEAT BROILER.
2. PLACE POBLANO ON A FOIL-LINED BAKING SHEET. BROIL 8 MINUTES ON EACH SIDE OR UNTIL BLACKENED. PLACE PEPPER IN A SMALL ZIP-TOP PLASTIC BAG; SEAL. LET STAND 10 MINUTES. PEEL AND CHOP.
3. MELT THE BUTTER IN A DUTCH OVEN OVER MEDIUM-HIGH HEAT. ADD ONION AND NEXT 3 INGREDIENTS (THROUGH RED PEPPER) TO PAN; SAUTÉ 4 MINUTES, STIRRING OCCASIONALLY. ADD CORN; SAUTÉ 2 MINUTES. REMOVE 3/4 CUP CORN MIXTURE FROM PAN. COMBINE 3/4 CUP CORN MIXTURE AND 3/4 CUP HALF-AND-HALF IN A BLENDER; PROCESS UNTIL SMOOTH. ADD POTATO TO PAN; SAUTÉ 1 MINUTE. STIR IN 2 CUPS WATER; BRING TO A BOIL. COOK 4 MINUTES OR UNTIL POTATO IS ALMOST TENDER. REDUCE HEAT TO MEDIUM.
4. COMBINE REMAINING 1/4 CUP HALF-AND-HALF AND FLOUR IN A SMALL BOWL, STIRRING UNTIL SMOOTH. ADD FLOUR MIXTURE TO PAN. COOK 1 MINUTE, STIRRING CONSTANTLY. RETURN CORN PUREE TO PAN. STIR IN POBLANO, MILK, AND CRAB; BRING TO A SIMMER. COOK 3 MINUTES, STIRRING FREQUENTLY.

YIELD: 4 SERVINGS