

Corn and Crab Chowder

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4 slices of bacon, cut up
2 tablespoons of butter
3/4 cup of chopped onion
1/2 cup of chopped celery
1/4 cup of all purpose flour
2 cups of chicken stock or broth
1-1/2 cups of diced raw potato
1 can of whole kernel corn, *drained*
1 can of creamed corn
1 teaspoon kosher salt
5 turns of the pepper grinder
1/2 teaspoon of Cajun seasoning (like [Slap Ya Mama](#))
1/4 teaspoon of [Old Bay](#) seasoning
2 cups of warmed half and half
1 pound of fresh crab, picked over for shell, (set aside a few pinches for garnish)
1/4 cup of sliced green onion
1-2 tablespoons of dried parsley
Reserved crab and extra sprinkle of Cajun seasoning, *for garnish*

Cut the bacon into small pieces and saute until cooked but not crisp. Add the butter, onion and celery and cook until tender, about 4 minutes. Stir in the flour, until well blended. Cook and stir for about 5 minutes to cook the flour. Stir in the broth a little at a time until mixture is smooth. Add the potatoes, increase heat and bring to a boil; reduce heat and simmer for about 10 minutes, stirring several times. Stir in the corn, seasonings and half and half. Bring back up to a boil, reduce back to a simmer and gently fold in the crab. Stir in green onion and parsley; simmer for about 10 minutes or until crab is warmed through. Garnish with a pinch of crab and a sprinkle of Cajun seasoning.

Cook's Notes: Because I live on the Gulf Coast, I have easy access to fresh crab meat. Substitute pouches or well drained cans of crab as needed. The amount is relative - use what you have access to and what your budget will allow. Can also substitute shrimp in this recipe. Of course, if you're making this in the midst of fresh corn season, definitely use fresh shucked, corn cut right off of the cob in place of the canned whole kernel corn. It is especially good when roasted in the oven first. Clean, brush generously with butter and roast in a 350 degree oven for about 30 minutes. Let cool and cut off the husks. Can also substitute frozen corn.

Tip: To easily pick out any shell, spread crab on a baking sheet in a single layer and place in a 200 degree oven for 3 minutes. The shell will be visible and easy to pick out.

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Variation: Substitute shrimp or crawfish for the crab, or use chicken instead of seafood - you'll want to eliminate the Old Bay and use 2 to 3 cups of cooked, shredded or chopped chicken. Eliminate the protein and Old Bay and make this a plain corn chowder, increasing the corn, if desired.

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