

## Corn & Crab Chowder

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Recipe by: Favio Gomez, Executive Chef, University House Issaquah

*Approximately 2-4 servings*

### INGREDIENTS

2 cups chicken stock  
1/2 oz. fish or lobster base  
1/2 oz. clam base  
4 oz. blue crab meat  
2 oz. lump or Dungeness crab meat  
2 oz. butter  
1 cup heavy cream  
1 oz. roux  
4 oz. fresh corn  
2 oz. potatoes, diced (1/4 in.)  
2 oz. onions, slivered  
2 oz. celery, slivered  
2 oz. carrots, slivered  
1 tsp. garlic, chopped  
1/2 sprig of fresh thyme  
5-6 fresh basil leaves, chopped  
1/2 tsp. Worcestershire sauce  
Tabasco sauce, to taste

### PREPARATION

#### Step 1

Sauté onion, celery, carrots, and garlic in butter in large stock pot or Dutch oven.

#### Step 2

Add the blue crab meat and continue to sweat the vegetables over low heat.

#### Step 3

Add thyme, basil, tabasco, and Worcestershire sauce.

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### **Step 4**

Add chicken stock, clam base, and fish or lobster base. Simmer for one hour.

### **Step 5**

Strain the stock; thicken it with roux and bring to a boil. Add heavy cream and reduce to a simmer for 20 minutes.

### **Step 6**

Add potatoes, corn, and lump or Dungeness crab meat. Season to taste.