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## Spicy Corn and Crab Chowder



Photo: John Autry; Styling: Mindi Shapiro

Claw meat tends to be slightly darker than pristine lump crab, but it lends a robust flavor. Serve with corn muffins. Purchase a boxed corn muffin mix for maximum efficiency.

★★★★★ Outstanding

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Yield: 4 servings (serving size: about 1 3/4 cups)

Cost per Serving: \$2.41



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### Nutritional Information

#### Amount per serving

Calories: 375

Fat: 11.8g

Saturated fat: 6.7g

Monounsaturated fat: 3.4g

Polyunsaturated fat: 0.6g

Protein: 22.2g

Carbohydrate: 47.6g

Fiber: 4.4g

Cholesterol: 82mg

Iron: 1.7mg

Sodium: 597mg

Calcium: 233mg

[Nutrition Guidelines for Healthy Living](#)

### 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 water
- 2 tablespoons all-purpose flour
- 1 cup 2% reduced-fat milk
- 1 (8-ounce) container crab claw meat, shell pieces removed

### Preparation

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.

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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.

Julianna Grimes, *Cooking Light*  
AUGUST 2010



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Ratings and Reviews (12)



 Outstanding

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12 Reviews

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KathrynNC

Overall it was a good recipe, but nothing I would label stellar. It tasted "watery" to me - I may try a seafood stock next time instead of straight water. May also consider trying again with old bay instead of cayenne pepper.

 *Good, solid recipe* 09/05/11

ostgermain

we made a few changes, but make this atleast once a month! paired with cornbread, this is one of our favourite dishes!!

 *Outstanding* 08/15/11

Momof3Kids

Excellent, excellent! Made a couple of revisions and soup still remained creamy...fat free half and half and fat free milk. Delicious. This recipe is definitely a keeper.

 *Outstanding* 03/04/11

katieu06

I followed the recipe exactly as outlined - it was DELICIOUS. Both my boyfriend and I were quite impressed

 *Outstanding* 01/13/11

JIMMIC

Tasty and warming, the perfect diish for a cold night. We served this with corn muffins, however a crusty bread would be great also.

 *Worthy of a special occasion* 12/14/10

carolfitz

Subbed local sweet corn for frozen, otherwise followed recipe. Asian crab claw meat was on sale for \$4.50/8oz tub. -- that

plus the low-cost fresh corn made this "expensive" chowder very affordable. Served half-portions with CL's chicken & peach quesadillas. Satisfying Sunday lunch.

★★★★☆ *Good, solid recipe* 09/12/10

tonikitchen

This was delicious and just the right amount of spice. I doubled the recipe and used a 16oz can of Chicken of the Sea premium crab which I found in the refrigerated section at Trader Joe's and was relatively inexpensive.

★★★★★ *Outstanding* 09/02/10

rachntanzmom

Really great! I used 2 slices of bacon instead of the butter and a jalapeno instead of poblano but it was really great. I also like more seasoning, but that's just me

★★★★★ *Outstanding* 08/05/10

Marzena

Great recipe for a refreshing summer soup. I used a combination of frozen sweet corn and frozen grilled corn from Trader Joes. Definitely a hit for summer entertaining...

★★★★★ *Outstanding* 07/30/10

Marika105

The soup is excellent and would definitely make it again - soon! The recipe would be appropriate for both special occasions and every day meals and tastes even better the next day. I did, however, alter it a bit. Instead of 2 cups of water, I substituted 2 cups of chicken broth. The calorie count may have changed but I'm sure it enhanced the flavor. I served fresh sourdough baguette with the soup. Hint: wash your hands very, very well after handling the poblano pepper as the oil from the hot pepper gets into the pores and can cause extreme pain if you should touch your eyes.

★★★★★ *Outstanding* 07/30/10

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COOKING METHOD: Blender, Broil | OCCASION: Summer | PUBLICATION: Cooking Light

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