Chicken Potato Sweetcorn Chowder

Four generous potato, chicken and corn chowder bowls · Active 25 min · Total 55 min

Skills: Thickening a chunky chowder with part of its own potato and gentle milk heating

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 1 1/3 lb potatoes (600 g peeled weight), cut into 1/2-inch/1 cm cubes
- 2 1/2 cups water (600 ml), plus up to 1/2 cup/120 ml if needed
- 1/2 teaspoon dried thyme (0.5 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)
- 1 1/2 cups milk (360 ml), or milk powder reconstituted to label then measured
- Canned cooked chicken, drained (7 oz/200 g)
- 1 can plain sweetcorn, about 15 oz/425 g net, drained (240 g drained)

Set out

Heavy saucepan, at least 4 qt/4 L, Knife and board, Potato masher or broad spoon, Strainer, Food thermometer

Allergens

milk. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 6–7 minutes. Add potatoes, 600 ml water, thyme, salt and pepper. Bring to a boil, partly cover and simmer for 15–18 minutes until potato centers are tender.

2. Mash about one-quarter of the potato against the pan or with the masher, leaving most cubes intact. If the pot has become very thick, add some extra water gradually, up to 120 ml, so liquid still moves between the cubes.

3. Stir in milk, drained chicken and corn. Heat gently for 5–7 minutes, stirring from the bottom, until the complete chowder reaches 165°F/74°C. Avoid a hard rolling boil after the milk is added.

4. Ladle into four bowls, sharing the chunky ingredients evenly. Allow spoonfuls to cool briefly because potato holds heat.

Milk powder means prepared milk

If using powder, make it according to its label first, then measure 360 ml prepared milk. Do not treat powder volume as liquid volume.

Ingredient labels

Milk or reconstituted milk powder supplies milk. Check canned chicken and vegetables for added ingredients.

A useful detail

The 55-minute total includes peeling and dicing the potatoes. Larger cubes take longer; check tenderness before adding milk.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled chowder for up to 1 month and thaw in the refrigerator; milk may separate slightly and potatoes soften. If leftover chicken is used, respect its earlier deadline.