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## **Pan Roasted Salmon with Corn Chowder**

Yield: 4 servings

### **Corn Chowder Ingredients:**

¼ pound bacon, diced to small pieces  
1 yellow onions, diced to small pieces  
1 fennel bulb, diced to small pieces  
1 small stalk celery, diced to small pieces  
1 leek, thinly sliced  
1 TBL garlic, chopped  
1 russet potatoes, diced to medium pieces  
2 ear of corn, removed from cob (save cob for milk and stock below)  
1 TBL thyme, minced  
¼ c. white wine  
corn milk(liquid from the cob), scraped from 2 cobs that you removed the kernels from  
1 cup milk  
½ cup heavy cream  
corn stock or water  
1 tsp. cumin  
½ TBL new bay  
Pinch cayenne  
Pinch smoked paprika  
Salt and pepper to taste

### **Method:**

- 1.) In a medium stock pot, cook bacon so the fat of the bacon turns to liquid. Add onions, fennel, celery, leek, garlic, potatoes, corn and thyme. Cook vegetables until onions are translucent.
- 2.) Add white wine, corn milk, milk and heavy cream. Add corn stock (or water), enough so the liquid covers the vegetables, and bring to a simmer. Add spices, salt and pepper, and simmer until potatoes are tender when poked with a paring knife.

### **Salmon**

1 ½ pound salmon filet  
Oil for searing  
Salt and pepper

Heat oil, season salmon with salt and pepper, add salmon to hot pan, pretty side facing down. Sear until golden brown on both sides until desired cooking temperature.

### **Courtesy of:**

BOKA KITCHEN + BAR  
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