

## Chicken Corn Soup

*It's taken a lot of testing to get K.M.'s stamp of approval on this recipe. Which is only reasonable, right? If you are going to try and recreate someone's childhood comfort food, you have to get it just right!*

*The creamed corn is adapted from [Alton Brown](#), and but the soup itself is product of all that testing. Be sure you use organic soy sauce, corn, cornmeal and cornstarch. Soy and corn are both crops where eating and buying organic can really make a difference. I shuck, de-cob and freeze my own corn during the brief weeks it shows up in our farmers market, but you can certainly buy it frozen.*

1 tablespoon butter  
½ medium onion, diced  
1 teaspoon salt  
4 cups corn  
½ teaspoon turmeric – fresh grated if you can get it, but ground will do  
2 tablespoons yellow cornmeal  
1 cup half and half  
6 cups chicken stock  
2 large eggs  
2 tablespoons soy sauce  
4 teaspoons cornstarch  
1 cup shredded, cooked chicken meat

Sliced scallions for garnish  
Red pepper flakes and black pepper to taste

In a large pot – I use a Dutch oven -Melt the butter and sauté the onion over a medium flame, until the onion is just translucent. Add the salt.

Add the corn to the pot, and cook over medium heat, until the corn is no longer giving off liquid, and the mixture is somewhat dry. Add the turmeric and cornmeal and stir constantly for about a minute. Reduce the heat to low, add the half and half and stir until the half and half is incorporated into the corn.

Add the chicken stock to the pot, and increase the heat to medium, stirring now and then until you have a gentle simmer.

Beat the eggs together with the soy sauce and cornstarch, until the starch has dissolved. Stir the soup as you pour this slurry into it in a steady stream. Let it simmer for a few minutes, turn off the heat and add the shredded chicken, pepper and the scallions. Let it set for 5 minutes, and then serve.

At the table, we always have soy sauce and Sriracha. Serves 6.