

# Corn Chowder

## Ingredients

1 small onion  
1 potato  
1 chicken or vegetable stock cube  
175ml boiling water  
1 chicken or vegetable stock cube  
175ml milk  
75g sweet corn  
25g frozen peas  
10ml spoon oil  
Pepper

## Method

1. Peel, then chop onion finely
2. Wash peel and dice potato
3. Place stock cube in measuring jug and add boiling water.  
Stir until dissolved.
4. Measure oil into pot, add onions and potatoes. Sauté (cook gently) over a low heat stirring all the time until the vegetables begin to soften. Turn off heat and lift pot carefully onto a pot stand
5. Add the stock and the milk and bring to the boil.
6. Reduce the heat, cover and simmer for 10 minutes.
7. Add sweetcorn and peas, then simmer for another 5 minutes
8. Check the seasoning and serve.

## Equipment

vegetable knife  
chopping board  
ladle  
potato peeler  
wooden spoon  
pot with lid  
pot stand  
measuring jug

