

Corn and Cheddar Cheese Chowder

1 large potato, peeled and diced
2 cups boiling salted water
1 bay leaf
¼ tsp dried sage
½ tsp cumin seeds
3 Tbs butter
1 onion finely chopped
3 Tbs flour
1¼ cups heavy cream (I use a can of low fat evaporated milk)
kernels from 2 ears of corn (out of season I use 1½ cups frozen kernels)
½ tsp Bako yeast (not a meat product) (I've never found this or used it or missed it)
chopped chives and parsley
¼ tsp nutmeg
salt and pepper
1½ cups sharp Cheddar cheese, grated, 4 oz
4-5 Tbs. dry white wine (the magic ingredient)

Peel and dice the potato and boil it in the salted water with the bay leaf, sage, and cumin seeds until just barely tender - about 15-20 minutes. Melt the butter in a saucepan and sauté the chopped onion in it for a while, then add the flour. Mix well and add the cream, stirring with a whisk. Pour this sauce into the potatoes and their water, adding also the fresh corn kernels. Add the Bako yeast, the chopped herbs, and the rest of the seasonings and let the soup simmer gently for about 10 minutes. Then stir in the grated cheese and the wine and mix well. Heat until the cheese is completely melted, correct the seasoning and serve.

Serves 4-6.

This recipe is from [The Vegetarian Epicure](#) by Anna Thomas. It is still [available on Amazon](#).

I highly recommend it. My copy dates from a 1973 birthday gift from my parents and I have prepared most of the recipes and they are all keepers. I learned that she lived (maybe still does) in Ojai and wrote the cookbook to help support her husband's movie making efforts. He (Gregory Nava) later directed El Norte which Anna cowrote.

Janey