

**Norfolk Farmers Market**  
**Cook the Market**  
Saturday August 18, 2018

**Featuring**

Lone Silo Farm Jowl Bacon  
Rustling Winds Milk  
Ford Farm Sweet Corn  
Market Veggies  
Rolling Rock Salt

**Summer Corn Chowder with Fennel and Bacon**

6 ears fresh corn, kernels cut off  
6 slices jowl bacon or regular (belly) bacon  
2 leeks, sliced and washed well  
1 1/2 cups chopped fennel, wash after chopping to get out all the dirt between the layers  
1 red pepper  
1 cup diced potatoes  
4 cups milk or 2 cups chicken or vegetable stock and 2 cups 1/2 and 1/2

Chop bacon into lardons and fry. When crispy, set aside and drain off fat. Jowl bacon tends to be leaner and have less fat than traditional belly bacon. It may be necessary to add some butter or olive oil to sauté your veggies. Add leeks, fennel and red pepper to bacon fat and cook until soft. Add potatoes and corn. Add milk and/or stock and bring to a simmer. When potatoes are soft you may want to purée a cup or two to add to the creamy texture of the soup. This step is optional and up to you. Add bacon back in and serve, garnish with freshly chopped chives.

\*If you have the time to prepare your own corn stock please give it a try! It will add depth and richness to the flavor of your soup. Take your corn cobs and your leek trimmings along with other vegetable scraps you might have around - carrot ends and peels, parsley stalks, celery tops etc, and put into a large pot of water. Bring to boil and then reduce to simmer for 1-2 hours. Really the time depends on how much you have and how concentrated you want the flavors to be.