



Southwestern Chicken and Corn Chowder

2 tablespoons butter
1 small onion, finely diced
1 small red pepper, finely diced
½ stalk celery, finely diced
1 clove garlic, minced
1 tablespoon southwest spice mix
2 tablespoons all-purpose flour
2 to 3 cups chicken stock
¼ cup heavy cream
1 medium russet potato, peeled and diced
½ cup fresh or frozen corn
1 cup chopped cooked chicken
Fresh thyme, leaves only, chopped
Fritos, go garnish
Salt and pepper

- Add the butter to a heavy saucepan and bring to medium heat. Cook the onion, peppers and celery; cook until light golden brown.
- Add the garlic; cook for 1 minute. Stir in the spices and flour; cook for 30 seconds.
- Add the stock and cream; bring to a simmer and cook until thickened.
- Add the potatoes and corn; return to a simmer and cook gently until vegetables are tender.
- Add the chicken; cook until heated through. Stir in the thyme; season with salt and pepper. Serve topped with chips.

Thai Curry Stew with Mahi, Chiles and Cilantro

1 tablespoon vegetable oil	1 cup coconut milk
½ small red pepper, diced	½ tablespoon fish sauce
½ cup thinly sliced shallots	½ pound mahi mahi, cubed
1 tablespoon minced fresh ginger	Fresh cilantro, chopped
1 Thai chile, minced	Lime wedges
1 clove garlic, minced	Sea salt and freshly ground black pepper
2 tablespoons red curry paste	
2 cups vegetable stock	Steamed Jasmine Rice

- Bring a stock pot to medium heat and add the oil. Cook the peppers, shallots until light golden brown.
- Add ginger, chilies and garlic; cook until fragrant. Add the curry paste and turmeric; cook 30 seconds more.
- Add the stock, coconut milk and fish sauce; bring to a simmer and cook until flavors combine, about 10 minutes.
- Add fish; simmer until cooked through.
- Season with cilantro, salt and pepper. Serve with rice; garnish with lime wedges.



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Shrimp and Gnocchi with Creamy Florentine Mushroom Sauce

2 tablespoons butter, divided
1/3 pound shrimp, peeled and deveined
1 shallot, minced
2 cloves garlic, minced
1 teaspoon each onion and garlic powder
1 cup sliced mushrooms
2 cups baby spinach
1/4 cup white wine
1 cup heavy cream
1/2 tablespoon Dijon mustard
1/2 pound cooked ricotta gnocchi
Grated parmesan
Sea salt and freshly ground black pepper

- Bring a saute pan to medium heat and add 1 tablespoon of the butter.
- Cook the shallots and garlic until golden; add spices and cook 1 minute more.
- Add the remaining butter; cook the mushrooms until nicely browned.
- Add the spinach; cook until tender.
- Add the wine; cook until reduced by half. Add the cream and Dijon.
- Bring to a simmer; cook until flavors combine.
- Add gnocchi; cook until heated through. Season with salt and pepper. Serve garnished with cheese.