

Again with the corn...

Corn Chowder For Chemo

The key here is to remember that cancer drugs can seriously shift flavors, so it's best to err on the side of blandness, and consult your diner about what tastes good to him or her. The goal is to include as much food value as possible in a tasty, easy-to-eat bowl that can be beautifully presented. All considerations about calories go out the window; cram them in everywhere.

Melt 1/2 c. butter in a large kettle

Do NOT add garlic, salt, or pepper; it's better to provide them at the table, and let your guest add them to his or her own taste—or not at all.

Get out your blender or cuisinart, and run each of the following through it before adding it to the butter and onions:

3 cans of whole kernal sweet corn (including the juice)

1 large bag of frozen corn

(Yes, put it through frozen. It'll make a ghastly racket, but the cuisinart doesn't seem to mind. On the other hand, I blew the motor in mine; what do I know?)

1 bag of mixed vegetables

Avoid things like broccoli, which have strong flavors, unless the person for whom you're cooking is tolerating them well.

Stir into the butter then add:

About 3/4 cup of your favorite cheese—jack and cheddar make a good mix

About 1 c. of half and half, or whole milk

1 pint of sour cream

Sherry

Serving Ideas

Yes, this is very mild. It's supposed to be. Provide salt, pepper, and garlic at the table.

Serve hot, and topped with cheddar cheese, (but consider not browning it, since that can add a strong flavor). Instead of serving the bowl with the garnish on it, consider dressing the bowl with a dollop of sour cream, a sprig of cilantro, a few olive rounds, and a few small tomato wedges (no lime juice or pepper) just for color.

Serving it with hot, homemade bread turns this from invalid food to a beautiful meal.