



ITEM

Salmon Chowder

YIELDS:

10 portions

INGREDIENTS

- 2 Tbsp olive oil
- 1/2 pound sliced bacon
- 2 cups diced onions
- 1 Tbsp garlic
- 1 cup celery
- 1 cup diced green pepper
- 2 Tbsp flour
- 1 litre fish stock (or vegetable stock)
- 2 dried bay leaves
- 1 tsp salt
- 1/2 tsp black pepper
- 1 sprig fresh dill
- 1 cup canned or fresh corn kernels
- 1 lb skinless, boneless finely diced salmon
- 1 cup 35% cream
- 2 Tbsp finely chopped green onion

METHOD:

In a large stockpot, add the oil and heat. Add the bacon and cook for 3 minutes.

Add the onions and cook for 2 more minutes.

Add the garlic, celery and green pepper, cook for 3 minutes, add the flour and mix well creating a roux. Cook the roux for 2 minutes over low heat. Remove from the stove.

Slowly add the stock and bay leaves and bring back to a simmer, while whisking.

Add the salt, pepper, dill, corn and the salmon bring to a slow simmer. Cook for 10 – 15 minutes stirring constantly.



In a separate small pot, heat the cream slowly, add the cream to the chowder and mix.

Taste to see if you need more salt. Serve with a small amount of green onion on each bowl.