



BigFish™ Recipe Salmon Chowder

Chowder is a typically a hearty, rich and thick soup made with potatoes and seafood. It's particularly popular in Ireland and the US. Our version uses salmon (of course!). You can omit the bacon lardons if you prefer and just top with a sprinkling of parsley.

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 4-6

Ingredients

2 BigFish Salmon fillets
1/4 teaspoon freshly ground black pepper
85g butter
2 onions, chopped
2 sticks celery, chopped
3 tablespoons plain flour
750 ml stock (you can use chicken or vegetable)
1/2 teaspoon salt
500g red potatoes, washed and cut into 15mm cubes
250g frozen sweetcorn
500ml semi-skimmed milk
400g bacon lardons
Fresh parsley, finely chopped, to garnish

Method

1. Cook the salmon as per the on-pack instructions, remove the skin and flake fish into 1/2-inch pieces; set aside.
2. Melt butter in a large pan over a medium heat. Add the onion and celery and sauté gently for five minutes or until the vegetables are tender.
3. Add the flour and stir until the flour is well mixed, then cook, stirring constantly for one minute.
4. Now gradually whisk in the stock. Cook over a medium heat, stirring constantly, until the chowder has thickened. Stir in the salt.
5. Add the potato, reduce the heat and simmer for 20 minutes or until potato is tender.
6. Stir in sweetcorn and milk. Cook 6 minutes until hot and the sweetcorn is tender. Meanwhile, fry the bacon until the lardons are crisp.
7. Now add the cooked salmon, stirring gently to combine.
8. Spoon into individual bowls; top with crumbled bacon and/or parsley and serve with a big hunk of nice crusty wholemeal or soda bread!