



SEAFOOD CHOWDER

2 large tablespoons butter
2 medium Onions – finely diced
2 large Carrots – finely diced
4 sticks Celery – finely diced
1 Leek – finely diced
1 ½ Lt Fish Stock
Salt & freshly ground Black Pepper
Juice 1 ½ Lemons
750g Fresh Salmon – diced
500g Mussel Meat
500g Smoked Haddock
1Kg Cod or similar white fish
400ml Double Cream
Chopped Dill

In a large pot heat the butter and sauté the onions, carrots, celery & leeks for about 5 – 6 minutes.

Add the fish stock, salt & pepper, gentle simmer for 15 minutes.

Add the haddock, salmon, cod and mussels, gentle simmer for 5 minutes.

Add cream and simmer for 5- 6 minutes

Garnish with chopped dill and serve

FISH STOCK

50g Butter

200g Onions

2kg White Fish Bones (Preferably sole or turbot)

Juice of ½ Lemon

6 Pepper Corns

1 Bay leaf

Parsley Stalks

5 Lt Water

Melt butter in a thick bottomed pan

Add the sliced onion, the well washed fish bones and remainder of the ingredients except water

Cover with greaseproof paper and a lid and sweat (cook gently without colouring) for about 5 minutes

Add the water, bring to boil, skim and simmer for 20 minutes, then strain.