

SEAFOOD CHOWDER

Ingredients:

200 g	cod
25 mL	canned crab
3	slices bacon, chopped small
10 mL	vegetable oil
8-10	raw prawns, small
¼	small onion, finely diced
1	clove of garlic minced
1	stalk of celery, diced
10 mL	chicken stock powder
300 mL	hot water (or enough to cover vegetables)
125 mL	carrot, peeled and diced
½	large potato, peeled and diced
2 mL	seasoned salt , pepper and parsley
1 mL	basil, chili powder and dill (and any other spices you desire)
60 mL	canned corn (or a combination of peas and corn)
125 mL	whole milk or light cream

Method:

1. Prep al vegetables. Put the onion, celery and garlic together in a small bowl. Leave your diced carrot and potato on your cutting board.
2. In a pot on medium-high heat cook the chopped bacon with the 10 ml of vegetable oil until the white fat of the bacon is gone. Do not burn it!! Quickly add the prawns and sauté for 1 min until pink in color. Using a slotted spoon, remove the bacon and prawns from the oil and set aside on a small plate.
3. Add the onion, garlic and celery to the oil and sauté till tender, about 3 mins. Dissolve the chicken stock powder in the hot water and add it to the vegetables. Add the diced potato, carrots and seasonings to the water and bring to the boil. Cook until the potatoes are tender, then reduce the heat. Be sure to add extra water if needed to cover the potatoes.
4. Add the chunks of cod fish to the pot and cook for 2 mins. Add the prawns, bacon, corn and canned crab into the soup and stir in the cream. Simmer the soup on low to blend the flavors together. (do not boil the cream). Season to taste.