
Easy Fresh Salmon Chowder

Tarla Fallgatter cooking class, 2018



Servings: 6

1. Melt butter in a large saucepan; add onion and celery and saute until soft. Add corn and potatoes and saute to coat with vegetables, adding more butter as necessary. Add spice rub, salt and pepper to taste. Add the chicken broth and simmer until potatoes almost fork-tender.
2. Add cream and bring to a simmer.
3. Add salmon and dill and simmer gently for a few minutes until salmon is just cooked through. Do not over cook or the salmon pieces will fall apart. Scoop portions into serving bowls and top with more dill.

2 tablespoons butter, or up to 3 T.
1 medium onion, peeled, thinly sliced
2 celery ribs, thinly sliced
1 pound red potatoes, cut in 1" cubes
1 ear fresh corn, sliced off the cob (or substitute frozen)
salt and pepper to taste
some pinches of a spice rub, your choice
2 1/2 cups low sodium chicken broth
1/2 cup heavy cream, or up to 3/4 cup
1 pound fresh salmon fillet, cut in 1" cubes (or substitute smoked salmon, or other firm-fleshed fish)
2 tablespoons fresh dill weed, chopped, with more for garnish

Per Serving (excluding unknown items): 293 Calories; 14g Fat (42.8% calories from fat); 22g Protein; 20g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 332mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Carolyn T's Blog: tastingspoons.com