

Salmon Chowder

Adapted significantly from an epicurious recipe



Servings: 6

1. Cut potatoes, skin on, into 1/3-inch cubes, then cook in a 1- to 1 1/2-quart heavy saucepan of boiling salted water until just tender, 8 to 10 minutes. Drain in a colander and set aside.
2. Cook bacon in a 5-quart heavy pot over moderate heat, stirring occasionally, until crisp, about 8 minutes. Transfer with a slotted spoon to paper towels to drain. Pour off all but 2 tablespoons fat from pot, then cook leeks for about 5 minutes until wilted. Then add celery, scallions, corn, garlic, thyme, bay leaf, and red-pepper flakes in fat in pot over moderately low heat, stirring occasionally, until scallions are tender, about 5 minutes. Add chicken broth and allow to simmer for about 10 minutes. Then add half and half, milk and cream and bring very low simmer - do not let it bubble or the soup will separate.
3. Reduce heat to moderately low, then add potatoes, salmon, bacon, salt, and pepper and cook, gently stirring occasionally, until salmon is just cooked through and begins to break up as you stir, 5 to 8 minutes. Stir in lemon juice and salt and pepper to taste. Discard bay leaf before serving. Garnish with fresh chopped chives and fresh dill.

- 1/2 pound red potatoes, scrubbed, but leave skins on
- 6 ounces thick-sliced bacon, cut crosswise into 1/4-inch-wide strips
- 1 large leeks, cleaned, chopped
- 1 cup celery, chopped
- 2 cups chopped scallions
- 1 cup corn, fresh or frozen (use more if you like)
- 1 tablespoon garlic, finely chopped
- 1 teaspoon fresh thyme, finely chopped
- 1 teaspoon dried thyme
- 1 Turkish bay leaves, or half the amount of California bay leaves
- 1/8 teaspoon red chili flakes
- 1 1/2 cups low sodium chicken broth
- 1/2 quart half and half
- 1/4 cup heavy cream
- 1 cup whole milk
- 3/4 pound salmon fillet, skin discarded and fish cut into 1/2-inch cubes
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 tablespoon fresh lemon juice
- Garnish: chopped fresh chives and fresh dill
- Yield: 6 servings

Per Serving (excluding unknown items): 484 Calories; 31g Fat (56.4% calories from fat); 29g Protein; 24g Carbohydrate; 3g Dietary Fiber; 102mg Cholesterol; 886mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 5 Fat.

Carolyn T's Blog: tastingspoons.com