

Cajun Fish & Shellfish Chowder

Carolyn T's
Main Cookbook

Servings: 6



2 tablespoons unsalted butter
4 whole leeks, chopped
1 whole red bell pepper, diced
4 stalks celery, diced
8 ounces button mushrooms, sliced
1/4 teaspoon Cajun seasoning, or to taste
2 large garlic cloves, minced
1 1/2 tablespoons dried thyme, crushed
3 tablespoons flour
4 cups water, or clam juice
1 tablespoon fish concentrate
1 pound mixed shellfish
1 pound shrimp, deveined, chopped
2 cups fat free half-and-half
4 tablespoons tomato paste
1/4 cup heavy cream
salt and pepper to taste
2 tablespoons Italian parsley, minced for garnish

Serving Ideas: If you have rouille on hand (as I did the first time I made this) add a dollop of it in the center of the soup bowl. If you'd like a more elegant presentation, save some of the shrimp to decorate the bowl rather than cutting them up.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 352 Calories; 10g Fat (26.7% calories from fat); 31g Protein; 29g Carbohydrate; 3g Dietary Fiber; 164mg Cholesterol; 479mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 3 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Notes: Be careful about the Cajun seasoning - some are hotter than others. Use your own judgment in adding it. This can be made in less than an hour and could be suitable or guests if you served it with a garlicky green salad and ample French bread.

Description: A creamy shellfish chowder with a punch.

1. Heat the butter in a large pot. Add leeks, celery and red bell pepper. Sweat for about 5 minutes. Add fresh garlic and cook for another two minutes. Add Cajun seasoning and thyme. Stir to combine, then add flour. Stir until all flour has disappeared into the mixture, then add the water and fish concentrate (or cubes). Bring to a simmer and allow to bubble for about 5-10 minutes. Add the mushrooms and simmer for one minute.

2. Add the half and half, tomato paste and heavy cream. Stir to combine, then add all the shellfish. Bring it back to a simmer and cook JUST until the fish is cooked through. Do not overcook. If using cooked shrimp, they should be added at the very last minute and just heated through. Taste for seasonings, then ladle into soup bowl and sprinkle with chopped Italian parsley on top.