

Norwegian Fish Soup

Makes 5 Servings

Preparation: 0:10, Cook Time: 0:30

Adapted from Clifford Wright's cookbook, *The Best Soups in the World*. What makes this dish is the salt pork - cut into nice little cubes, it adds tremendous flavor to the overall soup. Substitute bacon if you don't have the salt pork.



2 cups water
4 stalks celery, chopped
3 whole carrots, chopped
1/2 cup salt pork, diced
4 tablespoons unsalted butter
3 tablespoons flour, or more if you prefer a thicker soup
1 cup whole milk

1 cup heavy cream
2 teaspoons salt, or more if needed
1/2 teaspoon pepper
2 cups fish broth, or chicken broth
1 medium onion, chopped
3 1/2 cups (fish or shellfish) fish fillets, Trader Joe's frozen packages (2), defrosted
2 tablespoons chives, chopped, for garnish

NOTE: If using the Trader Joe's mixed shellfish package, it doesn't need any preparation, just add it to the soup in step 4. If you use skinned fish fillets of any kind, add the cubed fish at the very end and allow the soup to very gently simmer until the fish is barely cooked, but not so the fish flakes apart. If you don't have fish broth, use vegetable broth or in a pinch, chicken broth as a substitute. The 3 tablespoons of flour does not thicken this soup very much, so if you prefer a thicker consistency add another tablespoon of flour to the mixture in step 3. If you prefer a more chowder-like soup, add a potato (peeled, cubed) to the vegetables in step 1.

1. Bring water to a boil in large pot, then add celery and carrots, cook until tender, about 7 minutes. Set aside with the water it's cooked in.
2. In a large pot, cook salt pork over med-low, stirring, until crispy, 8-10 min. Remove salt pork (drained on paper towels) and set aside.
3. In the same pot, melt butter over medium high heat, then stir in flour to form a roux, stirring for about one minute. Remove from heat, slowly whisk in milk and cream, return to medium heat, cook, stirring 7-8 minutes. Season with salt and pepper to taste.
4. Add fish broth to cream sauce and reduce heat to low. Add cooked salt pork, onion, celery and cooking water to the broth, stir, then add fish and cook over low heat. For shellfish, simmer soup for about 10 minutes. If using fish fillets (defrosted), the soup will need to simmer for 3-5 minutes at maximum. Serve hot with chives garnished on top. Soup will keep for 2 days. May also be frozen for no more than a month. Defrost completely before reheating the soup as boiling it may separate the subtle, creamy texture.