



THE EUROPE

HOTEL & RESORT

A little something to remember us by . . .

We would like to share some of our recipes, which our Kitchen team prepares with pride and skill for you on a daily basis.

Galway Bay Seafood Chowder 2 litres

Ingredients:

| | |
|--|---------------------------|
| Fresh Fish (Salmon, Monktail, turbot or brill, diced in ½ inch Cubes) | 675g / 1.5lb |
| Potatoes, Carrots, Celery and Leek (diced in ½ inch Cubes) | 450 g/ 1 lb |
| Butter | 115g/4oz/half cup |
| Shallots finely chopped | 115g/4oz/half cup |
| Juice of half a lemon | |
| Pastis or Pernod | 35ml/2 tbsp |
| Bay leaf | 1 |
| Spring of fresh parsley plus extra to garnish | 1 |
| Fish stock | 1.2 litres/2 pints/5 cups |
| Plain flour | 40g/1.5oz/3 tbsp |
| Double cream | 45ml/3 tbsp |
| Salt & freshly ground pepper | |

Method

- ❖ Melt butter in a pot and sweat off shallots and all the vegetables
- ❖ Add flour to make a roux (to thicken the soup)
- ❖ Sweat for 5 minutes without colour
- ❖ Set aside and let it cool down
- ❖ Boil up fish stock and pour it over the cooled down roux
- ❖ Let it boil for ca. 10 minutes – stir constantly
- ❖ Add diced raw fish and boil it for another 6 minutes
- ❖ Add pastis, lemon juice and double cream
- ❖ Finish with salt and pepper
- ❖ Add chopped parsley and serve

Shelf Life: 5 days

Freezer Shelf Life: 1 month

We hope you enjoy making this as much as we do.

Warmest regards,

Alex Nahke, Executive Head Chef and team at The Europe Hotel & Resort