

Galway Bay Seafood Chowder

2 litres

Ingredients:

Measurements

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