



Organic Cuisine

Nancy Roberge

Manhattan Seafood Chowder

- 1 litre hot, 'white stock' (fish, chicken or vegetable)
- 1 litre good Quality Chopped, Tinned Tomatoes
- 2 Tbsp Olive Oil
- 150g Streaky Bacon, cut into small strips
- 2 large Onions, finely diced
- 2 stalks Celery, finely diced
- 2 Carrots, peeled & finely diced
- 4 Tbsp Flour
- 1 ½ cups Corn, off-the-cob (frozen or tinned OK)
- 3-4 Tbsp Fresh Thyme
- 1 kg Raw Fish, cut in cubes AND A Mixture of Seafood
- OR**
- Raw Fish, cut in cubes OR A Mixture of Seafood
- OR**
- Raw Fish and/or Smoked Fish, cut in cubes

Note: 'firm' white fish such as cod, monkfish, grouper, turbot, etc.

- 100ml Cream
- To Taste - Salt & Finely Ground White Pepper
- Small Pinch Cayenne Pepper
- To Garnish - Fresh, chopped parsley or torn, fresh basil

First, together heat & set aside the hot white stock and the chopped, tinned tomatoes.

Next, heat a soup pot and add the olive oil and streaky bacon. On medium heat, sauté the bacon for 5 to 10 minutes. Add the onion, celery and carrot and sauté for another 10 minutes or until the onions have turned soft and translucent (but not brown).

Add the flour to the pot and stir. (It will become a little 'pasty'). Cook this for about 5 minutes to 'cook off' the flour. Then slowly add the hot stock and tomato mixture, stirring to prevent lumps of flour from forming. Finally, add the corn and fresh thyme and bring to a simmer. Simmer for 5-10 minutes or until the vegetables are cooked.

Add the fish and/or seafood, cook for about 5-10 minutes or until the fish has JUST cooked. Be careful to NOT overcook the fish. Also, resist the urge to stir, because the fish will break apart and flake too much.

Once the fish has just cooked, turn off the heat and add the cream, salt, pepper, and cayenne pepper. Serve with some freshly chopped parsley.

Wine Match – *Sunset Valley Chardonnay or Sunset Valley Pinot Noir*

Beer Match – *Founders Red Head or Tall Blonde*