

KAIEN SPORTFISHING CHARTERS

Seafood Chowder

During our time fishing we have great access to fresh fish all the time.

The types of fish I like to use for the chowder are white fish such as halibut, snapper, lingcod, or rockfish. You can combine a couple if you like.

I'm not going to give you specific amounts of each ingredient, I'm sure you can use your instincts quite successfully as I don't think you could ruin it by adding too much of any one thing. However, I'll make note of the ones that can be overpowering.

It really doesn't take long to make this, so I like to have everything cut to size before starting.

Potatoes should be cut to size [not too large], and kept in water to prevent them from turning brown.

Don't be afraid to use a good amount of onions [chopped]; I don't think you could over do it.

Your white fish should not be cut too small; the pieces may fall apart if they are.

Ingredients:

- Halibut, Snapper, Lingcod, or Rockfish (*Combining two is nice as well*)
- Smoked Back Bacon or Cottage Roll
- Olive Oil
- Yellow Onions
- Flour
- Sea Salt
- Cracked Pepper
- Red or Yellow Potatoes
- Half and Half Milk
- Vegetable Stock
- Thyme
- Clam Nectar (*This is a must! Most large grocery stores carry this*)

Additional Options:

These are nice to add to the Chowder if available.

- Razor Clams or any Large Clams
- Scallops
- Prawns or Large Shrimp
- Smoked Black Cod [A small piece adds a really nice smoke flavor]

Preparations:

In a pot large enough to contain all your ingredients start by heating your Smoked Back Bacon or Cottage Roll [cut in small pieces].

Try and keep the lid on the pot as much as possible.

Add a little Olive Oil so there is no sticking to the pot.

Once the Back Bacon or Cottage Roll has slightly browned, add the chopped onions [don't be shy with onions] and stir to combine.

Sauté onions until they just start to soften.

Add a pinch of Sea Salt and Cracked Pepper.

Now stir in enough flour to soak up all moisture.

Next pour in the Clam Nectar and stir gently. Use enough nectar as you would if going to boil potatoes. You can add Vegetable Stock if you run short of Nectar.

Turn heat up, but do not bring to a boil.

Add in the chopped Clams if you have them. Heat at medium heat for 10 minutes.

Pour in enough Half and Half milk to make a creamy consistence and continue to heat until it just starts to give a slight boil.

At this point I would put in my small piece of Smoked Black Cod.

Season with Sea Salt and Cracked Pepper.

Bring to a gentle boil and add the potatoes [not too many, I've made this mistake].

If the potatoes are not too large, they shouldn't take too long to cook.

Add in a little Thyme and gently stir and taste until you're happy. Be careful adding Thyme, it can be over bearing; a little adds a nice flavor though.

This is where I would add the Scallops or Shrimp if you have them.

The potatoes should cook but still stay firm.

Now it's time for the fish. Stir very gently to separate the pieces of fish.

The fish cooks quite quickly and is done once the texture turns white.

Turn heat down and simmer until ready to serve.

Bon Appétit