

Fish Chowder

Ingredients:

2 slices of bacon
1 medium carrot peeled and diced about ½ cup
1 celery stalk washed and diced
1 cup diced onion
½ cup diced red pepper
1 cup diced potatoes
2 tablespoons unsalted butter or olive oil
2 tablespoons all-purpose flour
1 8-ounce bottle clam juice, or fish stock
1 ½ cups half-and-half
1 cup water
1 lb. of white fish, such as cod or halibut cut into 1-inch pieces
2 tablespoons chopped parsley for garnish
oyster crackers

Directions:

Warm a Dutch oven over medium heat and add the bacon. Cook until brown and crispy. Drain on paper towels and when cool break it up into bite-sized pieces. Discard the bacon fat but don't wash out the pot. Add the butter and then toss in the diced carrots, celery, onion, and red pepper. Add a pinch of salt and cook for about 5 minutes or until the vegetables start to soften. Add the potatoes, sprinkle the vegetables with flour and stir to combine evenly. Cook for 2 minutes, then slowly add the clam juice, stirring continuously until the flour dissolves and the broth is smooth. Add the half-and-half and the water, lower the heat, and bring to a simmer. Cook until the potatoes are slightly under cooked and then add the fish and the bacon. The fish cooks very quickly, maybe 2 minutes. Taste and adjust the seasoning if necessary. Pour the chowder into individual bowls topped with diced parsley. Serve with oyster crackers on the side.