

Fish chowder



Serves: 4

Time

Preparation time 10 minutes

Cooking time 25 minutes

Ingredients

- 1 teaspoon sunflower oil
- 1 onion, peeled and diced
- 1 small leek, washed and chopped
- 2 celery sticks, washed and cut into chunks
- 2 carrots, peeled and diced
- 1 garlic clove, peeled and crushed
- 50g flour
- 600ml fish stock (made from 1½ low-salt fish stock cubes)
- 500ml semi-skimmed milk
- 250g potatoes, peeled and cut into cubes
- 1 small tin salt-free sweetcorn and juice
- 300g undyed smoked haddock, skinned and cut into small chunks
- small handful of chopped fresh parsley (or 1 teaspoon dried)

To serve

- wholemeal bread

Fish chowder



Method

1. Heat sunflower oil in a large heavy based saucepan and gently fry the onion, leek, celery, carrots and garlic for 5 minutes over a moderate heat.
2. Tip the flour into the vegetables and cook gently for two minutes while you stir continuously. Continue to stir as you gradually pour in fish stock and milk and bring to the boil.
3. Add potatoes, sweetcorn and juice before reducing the temperature to low and simmer the chowder for 10 minutes until the vegetables are tender.
4. Carefully stir in haddock chunks and continue to simmer for a further 5 minutes.
5. Stir in chopped parsley before ladling into warm bowls and serve with bread.

Tip

Smoked haddock is ideal for this recipe but you can use other types of fish. You can also use a mixed seafood selection, fresh or frozen but if frozen it should be fully defrosted before cooking.