

SALMON & LEEK CHOWDER

F EASY

Last Modified: 07/21/2019

PREP: 15 Min
COOK: 40 Min
STOVETOP

SOUP-CHOWDER

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Alaskan King Salmon Fillet (Boneless / Skinless) (Chinook, Coho, Chum, Pink or Sockeye - OK)	
4	Slices	Thin Sliced Bacon	1/4" Lardons
2	Cups	Leek (Whites ONLY)	Thin Sliced
1	Cup	Celery	Thin Sliced
2	14 1/2 Oz	Cans Seafood Stock (Swanson)	
OR IF NECESSARY			
2	14 1/2 Oz	Cans Chicken Stock (Swanson)	
1	Cup	Heavy Cream	
3	Cups	Waxy Potatoes (Yukon Gold / Red)	1" Cubes
1	Tbsp	Unsalted Butter	
2	Tbsp	All Purpose Flour	
1/2	Tsp	Lemon Zest	
3	Sprigs	Dill Weed Leaves (NOT Mammoth Dill)	Snipped
3	Sprigs	Dill Weed Fronds (NOT Mammoth Dill)	Snipped
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Ground White Pepper	To Taste

PREPARATION

FACTOID	Environmentally sustainable & low contaminant Alaskan King Salmon, with Bacon, sauteed Leeks and fresh Dill - Can anything be better for the planet and ourselves? Wellllll, maybe not Bacon - BUT? Make this once and you will fall in love all over again with this perfect flavor combination.
TOOLS	1) Medium Mixing Bowl 2) Large Stock Pot & Lid 3) Large Stainless Steel Skillet 4) Needle Nosed Pliers
PREP	DISH 1) Cut the COLD Bacon into 1/4" Lardons and set it aside. 2) Thinly slice the Celery and set it aside. 3) Slice the Leek Whites and add them on top of the Celery. 4) Cube the Potatoes (peeled or not) and set them aside in cold water. 5) Snip the Dill Leaves from the sprigs and set them aside. 6) Snip the Dill Fronds from the sprigs and set them aside.
1	LARDONS: In a stock pot over medium high heat, add in the Bacon Lardons and stir fry until the fat renders out and the Bacon is soft cooked, about 5 minutes. Remove the Lardons and spread them on paper towels to drain. Remove all but 1 tablespoon of the Bacon Fat.
2	MIREPOIX: Reduce the heat to medium, stir in the Celery and Leeks. Cook, stirring every so often until the Celery is tender, about 6 minutes.

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3	POTATOES: Add in the Seafood Stock and scrape the bottom to loosen any Fond. Add in the drained Potatoes, bring to a boil, lower the heat to a simmer and cook until the Potatoes are fork tender, about 15 minutes.
4	FILLET PREP: Remove and discard the Skin if it is still on. Rinse thoroughly and feel with your fingertips along the backbone edge for any bones sticking out. Remove and discard any you find with needle nosed pliers. Sprinkle the Salmon with White Pepper. Place the Flour in a large plastic bag, add in the Salmon Fillet and shake to coat.
5	SALMON: In a large stainless steel skillet over medium high heat, add in the Butter and heat just until it stops bubbling. Add in the Salmon and cook until lightly browned on both sides, about 3 minutes per side.
6	SALMON: Using tongs, remove the Salmon to a cutting board and cut it into 1 1/2" pieces. Add the Salmon into the simmering stock pot.
7	CHOWDER: Remove the stock pot from the heat, lightly stir in the Cream, Dill Leaves and Lemon Zest. Add in Salt and White Pepper to taste.
SERVE	Ladle the hot Chowder into warm bowls or crocks, sprinkle with a few Dill Fronds and serve with Crusty Bread on the side. This Chowder does NOT re-heat well, the Salmon will crumble into mush.