

SMOKY FISH CHOWDER

F EASY

Last Modified: 11/05/2015

PREP: 20 Min
COOK: 30 Min
STOVETOP

SOUP-CHOWDER

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Smoked Trout Fillets (Skinless)	De-Boned
1	Pound	Non-Starchy Potatoes (Yukon / Red)	1/2" Cubes
8	Oz	Canadian Bacon	Medium Chop
2	Stalks	Celery	Diced
1	Medium	Yellow Onion	Diced
1	Tsp	Dried Thyme Leaves	
2	14 1/2 Oz	Cans Chicken Stock (Swanson)	
2	14 1/2 Oz	Cans Diced Tomatoes (Hunts)	
3	Tbsp	All Purpose Flour	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
4 +/-	Tsp	Fresh Italian Parsley Leaves	Minced
4 +/-	Pinches	Sweet Hungarian Paprika	Garnish

PREPARATION

FACTOID	Quick, slightly smoky and easy to make.
TOOLS	1) Large Saucepan & Lid 2) Medium Mixing Bowl
PREP	DISH 1) Cut the Canadian Bacon into 1/4" chunks and set them aside. 2) Dice the Yellow Onions and set them aside. 3) Dice the Celery and add them on top of the Onions. 4) Mince the Parsley Leaves and set them aside.
1	FISH: Remove and discard the skin from the Trout. Feel across the ends of the Rib bones to find & discard any Ribs that remain behind (gently pull them out with needle-nosed pliers. In a medium mixing bowl, break the flesh into bite-sized pieces.
2	BACON: In a large saucepan over medium heat, melt the Butter. Add in the Canadian Bacon and cook it until it turns light brown, about 5 minutes. Remove the Bacon with a slotted spoon and set it aside.
3	MIREPOIX: Reduce the heat to medium-low and add in the Onion and Celery and cook for 5 minutes, or until the Onions are transparent.
4	POTATOES: Meanwhile, scrub the Potatoes and cut them into 1/2 inch cubes, store them submerged in cold water until ready to use.
5	ROUX: Add the Flour to the saucepan and cook while stirring, for 3 minutes. Raise the heat to high and add in the Chicken Stock and Tomatoes & Juice and bring it to a boil, whisking constantly. Add in the Potatoes and Thyme. Lower the heat to a simmer, stirring occasionally, for 12 to 15 minutes, or until the Potatoes are tender.
6	SOUP: Stir in the reserved Trout and Bacon and cook until just heated through. Ladle the Soup into heated bowls and garnish the tops with Paprika and Parsley.
CAUTION	This Soup does NOT re-heat well, because the Trout pieces WILL dissolve into nothing.
SERVE	Serve while hot with thick slices of Crusty Bread on the side.