



SALMON CHOWDER

Makes 6 Servings

INGREDIENTS

- 2 Tbsp butter
- 1 yellow onion, chopped
- 1 large leek, white and light green parts thinly sliced
- 4 cloves garlic, minced
- 1 jalapeno, seeded and minced
- 1 lb red or yellow potatoes, chopped
- 3 stalks celery, chopped
- 1 tsp dried thyme, ground
- 1 tsp dried sage, ground
- ½ tsp celery seed, ground
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1 bay leaf
- ½ cup dry white wine
- 3 cups chicken broth or stock
- 1 ½ cups half and half
- ¼ cup all purpose flour
- 2 cups frozen corn
- 5 oz smoked salmon, skin removed and chopped
- 1 lb fresh salmon, cut into chunks
- Handful flat leaf parsley, chopped

DIRECTIONS

1. Melt butter in a large dutch oven over medium heat. Add onion and leek to the pot. Cook and stir until softened and lightly browned, about 5 minutes. Add garlic and jalapeno, cooking and stirring until fragrant, about a minute. Add the potatoes and celery, cooking until starting to soften, about 5 minutes. Stir in thyme, sage, celery seed, garlic powder, black pepper, and bay leaf. Add wine, bring to a boil and simmer for 5 minutes. Next add the chicken broth, bring to a boil, reduce heat to a simmer. Cook uncovered for 15 minutes or until vegetables are tender.
2. Whisk flour into the half and half until smooth. Slowly pour into the soup, stirring continuously. Bring to a boil, reduce heat and simmer until thickened, about 3-5 minutes. Stir in frozen corn and smoked salmon. Lay chunks of salmon on top. Cover and cook for another 5-10 minutes or until salmon is flaky and cooked through. Taste and adjust seasonings if desired. Serve with fresh parsley.