



Manhattan-Style Cod Chowder

with **Fennel**

You're probably familiar with creamy New England-style chowder, but have you tried the Manhattan version? Combining tomatoes, clam juice, celery, white wine, fennel, and aromatic herbs, the lighter broth is every bit as flavorful as its northern cousin, and makes the perfect base for cooking potatoes and poaching tender cod. Fresh orange juice is squeezed in at the end for a touch of sweetness and acidity.

30-40 minutes 460 calories per serving

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Ingredients

- 1 14½-ounce can diced tomatoes
- 2 russet potatoes
- 1 stalk celery
- 1 bulb fennel
- ¼ ounce parsley
- 1 orange
- 1 yellow onion
- 2 packets unsalted butter
- 1 spice mix
 - 1 bay leaf
 - ¼ teaspoon dried thyme
- ¼ cup white wine
- ¼ cup clam juice
- 10 ounces cod

You'll Need

- kosher salt
- black pepper
- 8" medium pot with lid

Recipe Tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

To remove the core from the fennel halves, cut it out in a wedge shape.

Using your palms, roll the orange around on your cutting board or counter before cutting to help release more of its juices.

USDA recommends cooking fish to 145°F.

Questions? Email help@plated.com or call 855-525-2399. Visit plated.me/allergens for more information on dietary restrictions.
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1. Prepare Ingredients

Drain **diced tomatoes**, discarding juices. Rinse all produce. Cut **potatoes** into ½-inch cubes. Halve **celery** lengthwise, then cut crosswise into ¼-inch pieces. Halve **fennel**, remove and discard core, and thinly slice (see Recipe Tip). Roughly chop **parsley** leaves, discarding stems. Halve **orange** (see Recipe Tip). Peel **onion** and cut into small dice.



2. Sauté Aromatics

In a medium pot, heat **butter** over medium heat. When butter is foamy, add **spice mix** (including whole bay leaf), **celery**, **fennel**, and **onion**. Sauté, stirring occasionally, until soft, about 7 minutes. Season with **½ teaspoon salt** and **pepper** as desired. Add **white wine** and cook until reduced by half, about 2 minutes.



3. Cook Potatoes

Increase heat to medium high and add **potatoes** to pot with aromatics. Stir to fully coat. Cook, stirring, until slightly soft, 3 minutes.



4. Make Broth

Add **clam juice** and **drained tomatoes** to pot with potatoes, then add enough **water** to cover potatoes by 1 inch. Increase heat to high and bring to a boil, then reduce heat to medium. Cook until flavors are melded, 5-7 minutes. Remove and discard **whole bay leaf**.



5. Simmer Cod Chowder

Pat **cod** dry with paper towel, season all over with **½ teaspoon salt** and **pepper**, and add to pot, nestling into broth. Cover pot, increase heat to medium high, and simmer until cod is cooked through and opaque, 5-7 minutes. Then, remove pot from heat and, using a spoon, break **cod** into bite-size pieces.



6. Plate Cod Chowder

Add **juice of ½ orange** to pot with chowder and stir to combine. Save remaining orange for a snack. Divide **Manhattan-style cod chowder** between serving bowls and garnish with **parsley**. Dig in!

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