



## Dalvay Seafood Chowder

This chowder comes from executive chef Andrew Morrison of the spectacular Dalvay By-The-Sea Heritage Inn and Dining Room on P.E.I.'s North Shore. Morrison garnishes his bisquelike chowder with chervil and lobster roe. Many fishmongers sell fish stock, or you can make your own. In a pinch, dilute bottled clam juice with water or substitute chicken stock.

By The Canadian Living Test Kitchen

Source: Canadian Living Magazine: September 2004

Recipe 5 out of 5 based on 2 ratings.

- **Portion size** 6 to 8

### Ingredients

- 1 lb (454 g) musselmussels
- 1 cup (250 mL) beer or water
- 2 cloves garlic, minced
- 2 slices bacon, diced
- 2 tbsp (30 mL) butter
- 1/2 cup (125 mL) finely chopped onion
- 1/2 cup (125 mL) finely chopped celery
- 1/2 cup (125 mL) finely chopped fennel
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) white wine or fish stock
- 2 cups (500 mL) fish stock
- 4 oz (113 g) jumbo shrimp, peeled and deveined
- 4 oz (113 g) swordfish or shark, cubed
- 4 oz (113 g) halibut, cubed
- 4 oz (113 g) scallopscallops
- 2 large Yukon Gold potatoYukon Gold potatoes, peeled and diced
- 1 cup (250 mL) whipping cream, warmed
- 2 tbsp (30 mL) chopped fennel frondfennel fronds or chervil

## Preparation

Scrub mussels, removing any beards. Discard any that do not close when tapped. Place in large Dutch oven. Add beer and garlic; cover and steam over medium-high heat, stirring once, until mussels open, about 8 minutes. Strain, reserving liquid and discarding any that do not open. Let cool. Remove mussels from shells; place in bowl. Set aside.

In Dutch oven, fry bacon over medium heat until crisp, about 6 minutes; drain off fat. Add butter, onion, celery, fennel and salt ; cook until translucent, about 5 minutes. Add wine and bring to boil; boil until reduced by half, about 2 minutes.

Add reserved cooking liquid and stock; bring to simmer. Add shrimp, swordfish, halibut and scallops; simmer for 5 minutes. Using slotted spoon, remove shrimp, fish, scallops and vegetables to bowl. Set aside.

Bring liquid in pan to boil. Add potatoes; cover and cook until tender, about 8 minutes. Add reserved shrimp, fish, scallops, vegetables, mussels and cream; heat through. *(Make-ahead: Let cool for 30 minutes; refrigerate, uncovered, until cold. Refrigerate in airtight container for up to 24 hours.)* Ladle into bowls; sprinkle with fennel fronds.

## Nutritional Information Per each of 8 servings: about

cal 280   pro 16g total fat 17g sat. fat 9g  
carb 13g fibre 1g chol 86mg   sodium 348mg

## % RDI:

calcium 5 iron 11 vit A 15 vit C 10  
folate 13

