

Fish Chowder

Recipe by Jenny Devivo
Head Chef/Cafe Director
Up Island Regional Schools, Martha's Vineyard

Serves 6

Ingredients:

2 TB vegetable oil
2 TB butter
2 cups diced yellow onion
1 cup diced carrots
1 cup diced celery
1 cup diced red bell pepper
2 minced garlic cloves
1/2 lb. peeled, diced Yukon Gold potatoes
5 cups fish or chicken stock
2 fresh thyme sprigs or 1 tsp dried thyme
1 bay leaf
3 lbs. cooked & flaked skinless white fish (Haddock, Pollock, Hake)
1-1/2 cups heavy cream
1 tsp kosher salt
1 tsp black pepper

Preparation:

Heat oil in pot
Add butter, onion, carrots, celery, garlic, and red pepper
Cook, stirring until onion is softened, 8-10 mins
Add potatoes, stock, thyme & bay leaf, simmer until potatoes are tender, 15 mins
Add cooked fish & cream, simmer uncovered for 10 mins
Add kosher salt & pepper.

Nutritional Information (per serving):

Serving Size: 8oz.
Calories: 194.3
Total Fat: 4.4g
Saturated Fat: 0.5g
Polyunsaturated Fat: 1.3g
Monounsaturated Fat: 2.2g
Cholesterol: 37.9mg
Sodium: 259.8mg
Total Carbohydrate: 21.7g
Dietary Fiber: 1.8g
Protein: 16.7g