



High in omega-3 fats

## Smoked fish chowder

Serves 4

### Method

- 1** **Cut** all the fish into 2 cm dice. **Wash** and thinly **slice** leeks. **Peel** the potatoes and **cut** into 2 cm dice. **Finely chop** the celery. **Peel** and **finely chop** the onion. **Drain** the mussels (if using).
- 2** Put the fish and milk in a saucepan. **Bring to the boil**, then **reduce** the heat and **simmer** for 3 minutes. **Remove** the fish from the pan. **Reserve** the milk.
- 3** **Rinse** and **dry** the saucepan. **Add** the oil to the pan and set it over a medium heat. **Add** the leeks, potatoes, celery and onion and **sauté** for 10 minutes. **Add** the flour and cook for 2 minutes on a low heat.
- 4** **Pour** in the stock and the reserved milk. **Bring to the boil**, then **reduce** the heat and **simmer** for 10 minutes.
- 5** **Add** the fish back to the pan along with the sweetcorn, tinned mussels (if using) and a pinch of black pepper. **Bring back to the boil**, then **reduce** the heat and **simmer** for 2 minutes.
- 6** To serve, **ladle** into warmed bowls and **garnish** with fresh dill or parsley.

### Ingredients

- 300 g smoked haddock
- 200 g pollock or other white fish
- 100 g salmon
- 3 leeks
- 2 medium potatoes
- 2 sticks of celery
- 1 onion
- 1 × 60 g tin of mussels in brine (optional)
- 750 ml milk
- 1 dessertspoon oil
- 25 g plain flour
- 250 ml fish or chicken stock
- 100 g tinned sweetcorn
- freshly ground black pepper
- fresh dill or parsley, to garnish

### Equipment

Plates and bowls for ingredients, weighing scales, large heavy-based saucepan, measuring jug, 2 chopping boards, chopping knife, vegetable peeler, tin opener, dessertspoon, large spoon, ladle, serving bowls

