

# Fish Chowder



Seafood Shop  
KILKEEL

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## Ingredients

6 oz (175g) White Crab Meat, Haddock, Prawns  
1 x tin sweet corn  
1 x small onion  
1 x stick celery  
½ small green pepper  
1 medium potato  
1 small smoked fish  
1 tbsp virgin olive oil  
1 x bay leaf  
½ tsp paprika  
1 ½ pints veg or chicken stock  
½ pint semi skimmed milk  
1 tbsp corn flour  
2 tbsp freshly chopped parsley  
Double Cream  
Salt & ground black pepper

## Method

1. Finely chop the onion, celery, pepper and potato, cut all into small pieces.
2. Heat oil in large saucepan and add above ingredients and cook for 5 minutes.
3. Add the fish, sweet corn bay leaf and stock, simmer for approx 20 minutes.
4. Add milk, corn flour and parsley.
5. Add Double Cream.
6. Season to required taste.

