



SMOKED FISH CHOWDER

Serves 4

Ingredients

- 2 medium potatoes, chopped small
- 1 large onion, chopped
- 1/2 teaspoon black pepper
- 250 mls fish or vegetable stock
- 2 fillets of smoked haddock, skin removed
- 120 ml semi-skimmed or skimmed milk
- 1 small tin or 140g frozen sweetcorn
- 1 or 2 tablespoons parsley to garnish

Method

1. Place potatoes and onions in a large saucepan
2. Add stock and pepper
3. Bring to the boil and simmer for 15-20 minutes
4. Chop fish into bite size chunks. Pour milk into a saucepan
5. Add the fish to the milk and simmer very gently for 5 minutes
6. When the potatoes are soft, mash or crush some of them, but not all, and return to the stock
7. Add fish and milk, as well as the sweetcorn, to the potatoes
8. Heat through, but do not boil, until piping hot
9. Serve with oatcakes or brown bread



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