

Classic Seafood Chowder with Corn and Potatoes



Prep 15 minutes
Cook 20-25 minutes
Makes 4 generous serves

50g butter
2 rashers rindless streaky
bacon, finely diced
2 tbsp flour
2 medium potatoes, peeled
and diced into 2 cm chunks
½ tsp salt and ¼ tsp fine
white pepper
2 cups sweet corn kernels,
cut fresh from the cob, frozen
or canned drained
450g **Essential Cuisine Fish,**
Chicken or Vegetable Stock

2 tsp fresh thyme leaves
(1 tsp dried thyme)
2 bay leaves
finely zested rind of 1 lemon
1½ cups milk
500g of any mixed seafood
2 tbsp chopped parsley
Optional: ¼ cup cream

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This hearty chowder makes a great supper or weekend lunch, dished up with some crusty bread.

In a medium to large pot, heat butter and fry bacon over medium heat until it just starts to brown and crisp. Add flour and stir over heat for another minute before adding potatoes, salt, pepper, corn, **Essential Cuisine Stock**, thyme and bay leaves. Bring to a simmer. Simmer for 15 minutes.

Note: Soup can be prepared ahead to this point and chilled if not using at once.

Add milk and return to a simmer before adding seafood. Cook a further 5-6 minutes or until seafood is cooked through.

Mix through parsley and optional cream. Adjust seasonings to taste and serve.

