

Salmon Chowder

This delicious Salmon Chowder is creamy from the potatoes and milk and delicious from the vegetables you add. I use homemade fish stock. If you don't have this, try my favorite substitute, Better than Bouillion diluted in water, clam juice or vegetable stock. I also like to use salt pork to cook the onion in, because it adds so much flavor. I store the fat I've cut off a ham (similar to salt pork) in the freezer. You can also purchase salt pork (an old-fashioned item) or use bacon or bacon fat you have rendered (melted) and stored in a jar.

1 ounce	rendered fat from salt pork, bacon, bacon fat or oil	3-4 sprigs	fresh thyme
1 large	onion, diced	3 cups	fish stock, clam juice or vegetable stock
2 Tablespoons +	butter		salt and pepper to taste
2 Tablespoons	flour	2 ½ cups	whole milk
2 ribs	celery, diced	2 pounds	salmon pieces
2 pounds	potatoes, cut in ½-inch pieces (preferably Yukon Gold)	1-2 Tablespoons	thyme leaves, chopped parsley or snipped chives for garnish
1	bay leaf		

- 1 First cook the diced onion with a large piece of salt pork, bacon fat or oil. The salt pork or bacon will add tons of flavor to your chowder, but you can use your favorite oil instead.
- 2 To thicken the chowder, add the butter and flour and let it cook into the onion mixture. Next add the diced celery and potatoes, thyme sprigs and a bay leaf. Add in the fish stock and let the mixture cook until the potatoes are soft when pierced with a fork.
- 3 While you are waiting for the vegetables to cook, prepare and slice the salmon. Remove skin from the salmon. Start with the tail end and hold the skin down, while you guide a sharp knife between the skin and fish, keeping the blade tilted slightly down toward the skin. The motion is not a sawing motion, but moving the blade from top to bottom and then again from top to bottom until the skin is removed. Cut each filet in half down the center line and then into 2-inch chunks. Set aside.
- 4 When the vegetables have cooked, add in the milk. I recommend using whole milk to add richness. Stir and let thicken. The starch in the cooked potatoes will thicken the broth. You can smash a few potato pieces to thicken more if desired.
- 5 The last step is to add the salmon chunks. When ready to serve, remove the salt pork, thyme stems and bay leaf, heat the chowder over low heat. Place the chunks of salmon carefully into the chowder and cook for 5 minutes. Remove from the heat and the fish will continue to cook from the heat of the chowder.
- 6 To serve, carefully spoon the salmon and potatoes into shallow soup bowls, adding in the broth. Sprinkle with thyme leaves, chopped parsley or chives to garnish.

Servings: 6

Preparation Time: 20 minutes

Cooking Time: 28 minutes

Total Time: 38 minutes

Nutrition Facts

Nutrition (per serving): 599 calories, 291 calories from fat, 32.3g total fat, 118.8mg cholesterol, 662.8mg sodium, 1580.4mg potassium, 35.4g carbohydrates, 4g fiber, 7.7g sugar, 40.2g protein.

Source

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