

Salmon and Corn Chowder

3 tablespoons butter

1 large onion, chopped

3 medium red potatoes (1 pound), cut into 1/2-inch cubes

3 tablespoons all-purpose flour

4 cups low-sodium chicken broth

2 cups fresh or frozen corn kernels (thawed, if frozen)

1 cup heavy cream

1/4 teaspoon paprika

Sea salt, to taste

Freshly ground pepper, to taste

4 salmon fillets (about 1 1/2 pounds), skinned and cut into 2-inch pieces
(you could also add 1/2 lb of shrimp, or lobster to the mix)

Fresh lemon juice, to taste

1 to 2 tablespoons chopped fresh dill

1 to 2 tablespoons chopped fresh parsley

Salmon and Corn Chowder

1. Melt butter in a large saucepan over medium heat. Add onion and potato, and cook, stirring often, 5 minutes. Add flour, and cook, stirring constantly, 1 minute. Add broth, and bring to a boil; reduce heat, and simmer, covered, 5 minutes or just until potato is tender.
2. Stir in corn and next 4 ingredients; return to a simmer, stirring occasionally. Add salmon, and simmer 4 minutes or just until fish flakes. Add lemon juice and fresh herbs; season with additional sea salt and pepper, if desired.

This is a quick version of a classic fish chowder. We're using salmon but any firm-fleshed fish will do, such as cod, scrod, or halibut. Leaving the skins on the potatoes adds color to this pale soup. Prep: 10 minutes; Cook: 15 minutes.

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