

# Fab Fish Chowder

This is a very wholesome soup, a great meal in itself, and even better with crusty bread – especially when the wind is howling outside!



Celery, fish and milk\*

Nutritional information per portion (390g):

Energy	Fat	Saturates	Sugars	Salt
1033kJ 246kcal 12%	5.8g 8%	2.1g 10%	12g 14%	1.3g 22%

of an adult's reference intake.  
Typical values per 100g: energy 265kJ/63kcal.

## Equipment

Weighing scales  
Sharp knife  
Chopping board  
Colander  
Large saucepan  
Wooden spoon  
Kettle  
Measuring jug  
Fork  
Small saucepan  
Sieve or slotted spoon  
Can opener  
Ladle  
Blender

## Ingredients

### Serves 6

1 large onion  
1 leek  
1 stick celery  
10 small new potatoes  
(about 500g)  
25g unsaturated fat spread  
200ml boiling water  
600ml semi-skimmed milk  
200g skinless smoked  
haddock  
200g skinless fresh haddock  
1 x 320g can sweetcorn  
Small bunch (10g) fresh  
parsley (to garnish)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- Buy the smoked haddock with the bones and skin removed completely. Ask the fishmonger to do this if you are buying it fresh. When dicing into small pieces, feel the flesh and double check there aren't any bones.

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## Method

1. Peel and finely chop the onion.
2. Wash the leek and celery and chop finely.
3. Wash the new potatoes and chop into small bite-sized pieces.
4. Melt the spread in a large saucepan over a gentle heat. Cook the celery, onion and leek for 8–10 minutes until they have softened and turned a golden colour.
5. Stir in the potatoes.
6. Boil the kettle and measure 200ml boiling water.
7. Add half of the milk to the saucepan and then add the water.
8. Bring to the boil, then reduce to a simmer for 15 minutes until the potatoes are tender when you pierce them with a fork.
9. Chop the fish into 4cm cubes and add to the remaining milk in a separate small saucepan. Bring to the boil. After 3 minutes drain the liquid into the chowder and set aside the fish.
10. Open the can of sweetcorn and drain away the liquid. Stir the sweetcorn into the chowder and heat for 1 minute.
11. Remove from the heat and ladle half the mixture into the blender and blend until smooth.
12. Remove any tough stems from the parsley and finely chop the leaves.
13. Return the soup to the pan over a gentle heat. Add black pepper to taste (if using) and flake in the fish. Serve hot, garnished with the parsley.

## Something to try next time

- You could add some cooked prawns or swap the smoked haddock for smoked trout or smoked salmon.
- Replace the new potatoes for 2 small sweet potatoes for extra flavour.

## Prepare now, eat later

- Cool any leftover soup and chill in the fridge. Eat within 1 day, reheating until just simmering.

### Skills used include:

Washing, weighing, measuring, peeling, chopping, blending, melting, boiling/simmering and frying.

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