



**Miele**

# Seafood Chowder

By Miele

**20 minutes**

Preparation Time

**1 hour 15 minutes**

Cooking Time

**6 serves**

Serves

## INGREDIENTS

### Fish stock

- 1 kg seafood offcuts
- 1 brown onion, roughly chopped
- 2 carrots, roughly chopped
- 1 small leek top, cut in half
- 2 parsley sprigs
- 2 bay leaves
- 6 black peppercorns
- 2 litres (8 cups) water

### Chowder

- 60 g butter
- 2 bacon rashers, roughly chopped
- 1 small brown onion, finely chopped
- 1 small leek, white part only, thinly sliced
- 1 celery stick, finely chopped
- 1 corn cob, kernels removed
- 1 large floury potato, peeled and cut into 1 cm dice

### Chowder continued...

- 50 g (? cup) plain flour
- Salt flakes and pepper, to taste
- 60 ml (¼ cup) white wine
- 1 litre (4 cups) fish stock
- 500 g seafood, roughly chopped such as mussels, prawns, white fish and salmon
- 100 g smoked fish
- 185 ml (¾ cup) cream
- 2 tbsp roughly chopped dill fronds
- 1 tbsp roughly chopped parsley leaves
- 1 lemon, juiced

## **METHOD**

### **Fish stock**

1. Combine the bones and remaining ingredients in a deep unperforated steam container. Place into the steam oven and Steam at 90°C for 40 minutes.
2. Strain the stock and discard the solids. Cool then refrigerate until required.

### **Chowder**

1. In a large saucepan on a medium heat, induction setting 6, melt the butter. Add the bacon and fry for 4 minutes, or until lightly cooked.
2. Add the vegetables and fry for a further 5 minutes, until the vegetables have softened.
3. Add the flour and stir to coat the vegetables and fry for 1 minute. Add the white wine, stirring until the wine has reduced by half and the mixture thickens. Season with salt and pepper.
4. Transfer the ingredients into the unperforated steam container with the stock. Place into the steam oven and Steam at 100°C for 20 minutes.
5. Add the seafood and cream and Steam at 100°C for a further 5 minutes. Remove from the steam oven, add the chopped herbs and season to taste with salt, pepper and lemon juice.

### **To serve**

1. Ladle the chowder into warm bowls and serve with crusty bread.

### **Hints and tips**

- Almost any vegetable can be used to make this stock, try using fennel or leek for a deeper flavour.
- Refrigerate stock for up to 3 days or freeze for up to 6 months.