

SMOKED HADDOCK CHOWDER



MINUTES TO PREPARE
5



MINUTES TO COOK
35



SERVES
2

INGREDIENTS

1 tablespoon rapeseed oil
300g smoked haddock, skin and bones removed, cut into large chunks (large than you would like to eat as it will flake into smaller pieces as it cooks)
3 sliced smoked bacon (back or streaky)
1 onion, peeled and diced
1 carrot, peeled and diced
1 celery stalk, diced
2 cloves garlic, peeled and diced
2 maris piper potatoes, peeled and diced
75ml white cooking wine
400ml tin light coconut milk
1 teaspoon vegetable bouillon
200ml water
1 bay leaf
1 large handful fresh parsley, chopped
Good grind of black pepper

LET'S GET COOKING

- 1 Heat the rapeseed oil in a large saucepan over a medium heat and sauté the onions and celery for 5 minutes. Add the carrots and bacon and sauté for a further 5 minutes. Add the potatoes and garlic, give it a good stir, and sauté for a further 3 minutes.
- 2 Add the wine and stir. Let it boil for 3 minutes before adding the coconut milk, water, bouillon and bay leaf. Bring to the boil and leave to simmer until the potatoes are soft. This will usually be 20-25 minutes. They should hold their form, and you can test when they are ready by breaking them up with a wooden spoon.
- 3 Next, add the haddock and bring to a gentle simmer for 3 minutes. Add the parsley and pepper. Taste and adjust seasoning as necessary.
- 4 Enjoy!

"I had never made smoked haddock chowder with coconut milk instead of cream before, but wow, this is sublime! In the past, as much as I love the saltiness of chowders, the creaminess can put me into a food coma. Here on the other hand, you can enjoy the rich saltiness of the fish and bacon alongside the creaminess of the potatoes, vegetables and milk without being overwhelmed, and the parsley adds a wonderful freshness. Booya!"

This fish soup has got all the flavour of a fish pie, but with much less faff. A light but filling wholesome dinner (or lunch) which freezes well."