



Fish Chowder

(Please note – I cook without much measuring so these are my best guesses)

Ingredients:

3-4 slices of duck bacon, diced
3-4 large shallots, diced
1 large red bell pepper, seeded and diced
3-4 celery stalks, diced
2-3 cloves of garlic, minced
1 Tablespoon "Old Bay Seasoning" (I make my own)
2 pints of chicken "bone" soup/stock (I make my own and can it)
3-4 Yukon Gold potatoes, peeled and cut in ½" cubes
2 cups frozen corn
2 cups milk substitute (I used Hemp)
2-3 Tablespoons Earth Balance Buttery Sticks
1 ½ lb cod thick filets, cut into 1" cubes"
Fresh Parsley

Directions:

Cook bacon with a little EVOO (to crisp it). Remove bacon leaving drippings. Cook onion, celery and pepper until soften. Add garlic and seasoning and cook until fragrant (couple of minutes). Add potatoes and broth. Boil until potatoes are slightly tender – but still firm. Add corn, milk and Earth Balance and return to a boil. Reduce heat to very gentle boil and add cod and reserved bacon. Cook gently until cod flakes easily (about 10 minutes).

I let it sit for 10-15 minutes so the flavors meld. Serve with fresh, warm crusty bread.