



Fish Chowder/Soup

Serving - 6 to 8

Preparation Time - 1 hours

Ingredients

1 pound of fresh cod fish or Boston scrod, cut into 1 inch pieces

1 to 2 teaspoons of SEAFOOD MAGIC SEASONING FISH BLEND

4 medium white or yellow potatoes, diced into 1/3 to 1/2 inch squares

2 medium carrots, finely chopped

1/4 cup of olive oil

1 teaspoon salt (or to taste)

1/2 teaspoon of ground white or black pepper

4 garlic cloves; crushed or minced

1 small onion, finely chopped

1 inch piece of ginger, crushed

1 cup of chopped watercress

2 finely chopped scallions (to be used as garnish)

6 cups of water

Preparation

Heat olive oil. Add the potatoes, carrots, garlic, onion, salt and pepper. Saute for approximately 15 minutes. Add the ginger and 6 cups of water. Bring the soup to a boil and reduce heat to medium-low. Allow to cook for 20 minutes.

While you're waiting for the soup to cook, sprinkler to Seafood Magic Seasoning (or any other seafood seasoning brand) over the cut fish pieces and let stand until the fish is ready to be added to the soup.

Test the potatoes to make sure they are cooked through. They should break easily when piercing with a fork.. You don't want them under-cooked. If the potatoes are tender, add the fish and watercress. Bring the soup back to a boil and allow to simmer for 5 minutes on medium-low heat. Garnish>>Add about a teaspoon of chopped scallions to each bowl of soup.