



Masstown Market's Famous Seafood Chowder (8 to 10 portions)

INGREDIENTS:

- » 3 tbsp (45 ml) butter, unsalted if possible
- » 1 large onion, diced
- » 3 celery ribs, chopped
- » 4 cups (1L) potato, peeled and diced
- » ½ lb (225 g) haddock filet, cubed
- » ½ lb (225 g) cod filet, cubed
- » ½ lb (225 g) scallops, chopped
- » ¼ lb (115 g) lobster meat, cooked and shredded
- » ¼ lb (115 g) shrimp, cooked and chopped
- » 4 cups (1 L) water for poaching/stock
- » ¼ cup (115 g) butter, unsalted if possible
- » ½ cup (115 g) all purpose flour, unbleached
- » 2 cups (500 ml) cream (10% blend or 18% coffee cream)
- » Bay leaf and quartered onion for poaching liquid
- » Pinch nutmeg
- » Salt & pepper to taste



DIRECTIONS:

Over medium high heat, melt butter in a heavy bottomed, large pot. Add the onions, and cook until transparent, about 3 minutes. Add the celery, and cook for approximately 10 minutes, stirring often. Add the potatoes and just cover with water, bringing to a boil. Reduce heat and simmer until potatoes are tender but not soft. Remove from heat.

In a second pot, heat 4 cups (1 L) of water with a bay leaf and a quartered onion until just before boiling. Maintain temperature below boiling and add the haddock, cod, and scallops. Poach until just opaque and tender. Remove fish and reserve the poaching liquid for your stock, discarding the bay leaf and quartered onion.

In a saucepan over medium heat, melt the butter, then add the flour, mixing to a smooth paste. Cook for approximately 1 minute. Gradually whisk the poaching liquid into the saucepan until you have a smooth and free-flowing mixture. Cook until it begins to thicken.

Return the potato and vegetable pot to medium-high heat, and slowly stir in the butter/flour/poaching liquid mixture. Add fish, scallops, lobster, and shrimp. Continue stirring until chowder thickens. Add cream and stir until heated through, but do not boil. Season with a pinch of nutmeg and salt and pepper to taste.

Ladle into bowls and top with freshly chopped herbs, and serve with warm biscuits and creamery butter.