

## Seafood Chowder



### Ingredients

#### Serves 6

500 g Mixed fish - your fishmonger will give you a good quality selection trimmed, inexpensive pieces including shrimp and smoked fish

100g Flour

100g Butter

1ltr Fish stock - good quality stock can be bought fresh in your local supermarket

200ml Cream

Splash of Vermouth

500g Chopped Leek and Onion

Good Sea Salt

100g Chopped Parsley

## **Method**

1. In a heavy bottomed pot melt the butter and stir in the flour with a wooden spoon. When mixed keep cooking gently for 3 mins so as to cook the flour. This is called a roux and can be used as the base of many sauces.
2. In a separate pot simmer the stock with the chopped vegetables and add it to the roux incorporating it all fully and finish by adding a splash of Vermouth.
3. Add the cream and then add the fish, continue to cook gently for 5 minutes as it all thickens, but be gentle so the fish doesn't break down and remains in nice chunks.
  4. Taste and add sea salt to taste.
  5. Finish by sprinkling freshly chopped parsley on top.
6. Serve in a hot bowl with homemade Guinness and Walnut bread.