

## COOK YOUR CATCH

# IRISH-STYLE CHOWDER

Tender pieces of fish cooked in a rich tomato and brandy sauce accompanied by onion bread and a slither of smoked salmon.

## Ingredients (Serves four to six)

- One small onion, finely chopped
- One bunch of fresh thyme
- Quarter of white and green of leek
- One large potato, diced
- One medium-sized carrot, diced
- One tablespoon of tomato puree
- 1oz butter
- Two cloves of garlic, finely sliced
- One tablespoon of brandy
- Half a pint of fish stock
- Four large, firm tomatoes, diced
- Four slices of smoked salmon
- One small loaf of onion bread
- One fillet of haddock
- One fillet of cod
- One supreme of salmon
- A handful of cleaned mussels
- Eight to 10 prawns (optional)



This dish is a fantastic way of utilising your catch.



## Method

- » Heat a thick-bottomed pan, melt the butter, then add the onion, leek, garlic and fresh thyme and cook until soft.
- » Add the brandy and let the alcohol cook off. Make sure that you have your extractor fan on high!
- » Add the tomatoes, tomato puree and fish stock, bring to the boil and simmer for around 25 to 30 minutes.
- » Meanwhile, cut your fish into even-sized pieces and shell your prawns. You can cut your potato and carrots into decorative shapes if you're feeling artistic.
- » Once your sauce has cooked to a puree, liquidise it until smooth and add your vegetables. When these are cooked, add your fish. This will only take a few minutes to cook. Just before the dish is ready, add your prawns and mussels and cook for a few minutes more.
- » For a very tasty option, why not add a spoonful of whipped cream with lemon and fennel with a pinch of paprika? Serve with toasted onion bread and smoked salmon.

## FACT FILE



I've suggested a few fish you could use, but it's really up to you. Be sure when using mussels that you do not use/eat any that are open before cooking and closed after, as this would indicate that the mussel was already dead.

Happy cooking and tight lines. If you require any further information contact me at [info@thechefcentreofireland.com](mailto:info@thechefcentreofireland.com).