

CREEK TROUT CHOWDER



Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

- 3 tablespoons Séka Hills Extra-Virgin Olive Oil
- 1/3 cup red or yellow onion, finely diced
- 1 tablespoon flour
- 2 cups fish fumet or light chicken or vegetable stock
- 1 1/2 cups potatoes, 1/2-inch dice (baking potatoes recommended)
- 1 1/2 cups corn kernels, fresh or frozen
- 1 rainbow trout fillet, skin removed and cut in to 1-inch pieces (or salmon)
- salt and pepper, to taste
- fresh basil, chopped
- fresh corn kernel strips (optional)



Instructions

1. In a Dutch oven, large pot, or deep skillet, melt butter over medium heat. Add onions and cook, stirring, until softened. Add flour and cook, stirring, for about 1 minute. Add chicken broth and potatoes. Increase heat to medium high and bring mixture to a boil. Reduce heat to medium low and simmer, uncovered, stirring once or twice, for about 5 minutes. Add corn kernels and simmer, until potatoes are just tender.
2. When potatoes are tender, place trout pieces on top of chowder. Cover and cook until fish is just cooked, about 3-5 minutes, depending on thickness.
3. Add salt and pepper to taste. Spoon into bowls. Garnish with chopped fresh basil and fresh corn kernels.

Notes

- If you would like a creamier soup, you can add a touch of cream at the end. For a thicker soup, remove a bit of the soup, puree and add back in.
- Be sure to read the “Cook’s Notes” in the original post for more tips, options, substitutions and variations for this recipe!

