

# Seafood Chowder

Makes 3 quarts

## Ingredients

2-3 pounds large shrimp peeled and deveined (save shells for stock)  
1 pound scallops  
1 pound monkfish or tilapia  
1-2 pounds fresh lump crabmeat, picked over to remove shells  
1/4 pound unsalted butter  
1 cup peeled and medium-diced carrots (4 carrots)  
1/2 cup medium-diced onion (1 onion)  
1 cup medium-diced celery (3 stalks)  
1 cup medium-diced small white and red potatoes  
1/2 cup corn kernels, fresh or frozen  
1/4 cup all-purpose flour  
1 recipe Seafood Stock (recipe follows)  
4 Tbs minced parsley  
Salt and freshly ground black pepper to taste

## Preparation

Cut the shrimp, scallops, and monkfish into bite-sized pieces and place them in a bowl with the crabmeat.

In a heavy-bottomed pot, melt the butter; add the carrots, onions, celery, potatoes, and corn and sauté over medium-low heat for 15 minutes, or until the potatoes are barely cooked, stirring occasionally. Add the flour; reduce the heat to low and cook, stirring often, for 3 minutes. Add the Seafood Stock (recipe below) and bring to a boil. Add the seafood; reduce the heat and simmer, uncovered, for 7-10 minutes, until the fish is just cooked. Add the parsley. Add salt and pepper to taste, and serve.



# Seafood Stock

Makes about 1 quart

## **Ingredients**

2 Tbs good olive oil  
Shells from all the shrimp  
2 cups chopped yellow onions (2 onions)  
2 carrots, unpeeled and chopped  
3 stalks celery, chopped  
2 garlic cloves, minced  
1/2 cup good white wine  
1/3 cup tomato paste  
1 Tbs kosher salt  
1 1/2 tsp freshly ground black pepper  
10 sprigs fresh thyme, including stems

## **Preparation**

Warm the oil in a stockpot over med heat. Add the shrimp shells, onions, carrots, and celery and sauté for 15 min, or until lightly browned. Add the garlic and cook 2 more min. Add 1 1/2 quarts of water, the white wine, tomato paste, salt, pepper, and thyme. Bring to a boil, then reduce the heat and simmer for 1 hour. Strain through a sieve, pressing the solids. You should have approx. 1 quart of stock. You can make up the difference with water or wine if you need to.

Recipe submitted by: Stephanie Cahn  
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