

CAJUN FISH CHOWDER

F EASY

Last Modified: 11/05/2018

PREP: 1 Hr
COOK: 1 Hr
STOVETOP

SOUP-CHOWDER

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Pounds	FIRM White Fish (Catfish, Monkfish, Cod, (Tilapia, Flounder, Grouper, Shark, etc.)	Cut in 1" Pcs
AND			
1/2	Pound	Sea Scallops	Cut in Half
OR			
1/2	Pound	Bay Scallops	Whole
OR			
1/2	Pound	Shrimp (Should fit on a spoon)	NO Shells
OR			
1/2	Pound	Mussels (Beards Removed)	Washed
OR			
1/2	Pound	SMALL Clams (Little Necks or Top Necks Cherrystones MIGHT be too large)	Washed
OR			
1	Pound Total	Any Mixture of the above 5 items	
1	Tbsp	Salted Butter	
1	Medium	Yellow Onion	Diced
4	Cloves	Garlic	Minced
3 +/-	Tbsp	Cajun Seasoning (Recipe Below - Divided)	To Taste
2	Pounds	Non-Starchy Potatoes (Yukon / Red)	1/2" Cubes
OR			
2	Pounds	Sweet Potatoes (Peeled)	1/2" Cubes
2	14 1/2 Oz	Cans Seafood Stock (Swanson)	
OR IF UNAVAILABLE			
2	14 1/2 Oz	Cans Vegetable Stock (Swanson)	
1/2	Pound	Frozen Sweet Corn (Peaches & Cream or Shoepeg)	
1/2	Pound	Smoked Andouille Sausage	1/8" Coins
1/2	Tsp	Tarragon	
1	Tbsp	Fresh Lemon Juice	
1/4	Cup	Fresh Italian Parsley Leaves	Minced
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	DELICIOUS, zesty and good for you. Choose the freshest Seafoods you like, and you can't go wrong. The Cajun "heat" is adjusted by the amount of Cajun Seasoning you use. While this dish IS named (perhaps inappropriately) as a "Chowder" since it contains no Dairy Products. It gets it's mouth feel & richness by being partially pureed.
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CAJUN FISH CHOWDER

TOOLS	<p>1) Large Saucepan & Lid 2) Medium Mixing Bowl 3) Blender OR Food Processor</p>
PREP	<p>DISH</p> <p>1) Cut the Canadian Bacon into 1/4" chunks and set them aside. 2) Dice the Yellow Onions and set them aside. 3) Dice the Celery and add them on top of the Onions. 4) Cut the Andouille Sausage into 1/8" thick coins and set them aside. 5) Cut the Scallops into halves or quarters (spoon size) and set them aside. 6) Mince the Parsley Leaves and set them aside.</p>
HINTS	<p>If you are using Clams and/or Mussels, the leftover steaming water makes an EXCELLENT Soup Stock. All you need to do is Place a coffee filter in a wire basket, and strain the liquid through it before using it as a Stock.</p>
PREP	<p>CLAMS: Inspect, wash and scrub the Clams, discarding any that have cracked shells or smell bad. In a large saucepan over medium high heat. Add in the Clams and cover them with cold water. Bring them to a boil and cook JUST until they barely start to open. As each Clam opens, remove it and place it in ice water until all are done. Discard any that did NOT open. Once cool, pry them open and remove the Meat.</p>
PREP	<p>MUSSELS: Inspect, wash, scrub and remove the beards from the Mussels, discarding any that have cracked shells or smell bad. In a large saucepan over medium high heat. Add in the Mussels and cover them with cold water. Bring them to a boil and cook JUST until they barely start to open. As each Mussel opens, remove it and place it in ice water until all are done. Discard any that did NOT open. Once cool, pry them open and remove the Meat.</p>
1	<p>MIREPOIX: In a large saucepan over medium high heat, melt the Butter just until it stops bubbling. Stir in the Onions, Garlic and 1 tablespoon of Cajun Seasoning. Saute until the Onions are transparent and you can smell the Garlic, about 5 minutes.</p>
2	<p>STOCK: Stir in the Stock and Potatoes, bring to a boil and lower the heat to a simmer. Cook until the Potatoes are fork-tender.</p>
3	<p>PUREE: Transfer half of the Stock into a food processor and PULSE until the mixture is smooth. Return the Puree to the simmering saucepan.</p>
CAUTION	<p>BLENDING HOT LIQUIDS: When blending hot liquids, remove the liquid from the heat and allow to cool for at least 5 minutes. Transfer the liquid to a blender or food processor and fill it no more than halfway full. If using a blender, release one corner of the lid; that prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times, then process on high speed until smooth.</p>
4	<p>POTATO BROTH: Add in the Frozen Corn and Sausage, bring it back to a simmer and cook for 5 minutes.</p>
5	<p>FISH MIXTURE: Meanwhile, Add your chosen Seafoods (NONE should be larger than a soup spoon) into a medium mixing bowl, sprinkle with Cajun Seasoning and toss.</p>
6	<p>FISH MIXTURE: In a large skillet over medium high heat, add in the Oil and heat until it shimmers. Add in the Seasoning Coated Mixture and stir-fry until the Fish has started to brown, about 5 minutes.</p>
7	<p>FINISH: To the still simmering Potato Broth, stir in the Tarragon, Lemon Juice and season it to taste with Salt and Pepper.</p>
CAUTION	<p>This Soup does NOT re-heat well, because the Fish pieces will dissolve into nothing.</p>
SERVE	<p>In a warm Soup Bowl, ladle in the Soup and sprinkle generously with Parsley. Serve while hot with thick slices of Crusty Bread on the side.</p>