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SEACHANGESEAFOODS.CA



Smoked Salmon and Corn Chowder

Servings: Serves 3 - 4

Ingredients:

3 ears corn, shucked
3 cups chicken stock
1 tbsp olive oil
1 tbsp butter
1 medium onion, diced small
5 small red potatoes, cut in 1/2" dice (roughly 2 cups)
1 bay leaf
1 sprig fresh thyme, about 3" long (or 1/4 tsp dried)
1/2 tsp Old Bay seasoning
1 x 113 g package SeaChange Smoked Sockeye Salmon
1/2 cup half and half cream
2 tbsp sour cream
a handful of chopped parsley
salt and pepper

Preparations:

Hold the corn on end and cut the kernels off the cob with a knife. Set the kernels aside. Cut the cobs into 2 or 3 pieces and put them in a pot with the chicken stock. Bring to a boil and then simmer, covered, for about 15 minutes. Let the stock cool while you prepare the rest of the ingredients. Heat the olive oil and butter over medium heat in a large, heavy pot. Add the onion and sauté until slightly translucent. Add the potatoes, bay leaf, thyme, and Old Bay. Cook, stirring, for about 2 minutes. Add the corn kernels and stock (minus the cob pieces). Put the lid on and bring the soup to a boil. Simmer gently over low heat for about 10 – 15 minutes, until the potatoes are tender. Meanwhile, cut off one end of the gold foil package of smoked salmon and reserve the liquid in a little bowl. Flake the salmon into small pieces with your fingers. Set aside. When the potatoes are cooked, remove the pot from the heat and stir in the half and half, sour cream, parsley, smoked salmon and reserved liquid. Season to taste with salt and pepper and return the pot to the burner to heat it through, if necessary (don't let it boil). Serve hot.