



# NEW ENGLAND COD CHOWDER

*with Yukon Potatoes, sweet corn, yellow peas, white wine, & rich cream.*

## INGREDIENTS:

1 t. salt, divided  
1 t. pepper, divided  
12 oz. (2 fillets) cod  
5 oz. (2-3) Yukon potato, diced  
¼ c. (1 stalk) celery, diced  
¼ c. (1 med. size) shallot, diced  
1 t. (1 clove) garlic, minced  
2 oz. white cooking wine  
3 c. water  
4 oz. heavy whipping cream  
3 oz. corn kernels  
1 cup **Yellow Pea Flakes** (501353)  
2-3 parsley sprigs, minced  
¼ c. croutons

## DIRECTIONS:

1. Prepare ingredients.
2. In a large pan, heat **olive oil**.
3. Pat cod dry, season both sides with **salt & pepper**.
4. Add **cod** to hot pan, sear each side until browned. (2-4 minutes per side)
5. Transfer cod to a plate and reserve pan. Remove cod gently.
6. In the pan used to cook cod, add 1 T. olive oil. Then add **diced potatoes, celery, shallots & minced garlic** to hot pan. Cook until tender. (1-2 minutes)
7. Add **white wine & water** to pan. Bring to a slow boil, then cover and simmer. (5 minutes)
8. Add **heavy whipping cream, corn, Yellow Pea Flakes**, ¼ t. salt & ¼ t. pepper to pan. Return to boil and cook until slightly thickened. (2-3 minutes)
9. Divide cod into large pieces.
10. Remove from heat, stir in cod.
11. Garnish with **parsley & croutons**.
12. Serve.