

Smoked Cod Chowder

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Smoky, creamy and rich, this Smoked Cod Chowder is the ultimate comfort food. Smoked cod, fresh cod fillets, and tender root vegetable are simmered in a cream reduction until all the flavors combine into a rich, comforting chowder that will bring a smile to your face no matter how cold it is. The dish is surprisingly simple to prepare; dice the vegetables and poach the fish when you walk in the door after work and you'll have dinner on the table before the sun goes down!

Ingredients:

1 lb cod fillets
½ lb smoked cod, skinned and deboned
½ lemon
1 sprig fresh thyme
1 lb parsnip, chopped
½ lb potatoes
3 Tbsp butter
1 onion, chopped
1 c. milk
1 c. heavy whipping cream
salt and pepper to taste

Directions:

1. Soak smoked cod in water for 30 minutes. Drain, rinse, and set aside.
2. Place cod fillets and smoked cod in a saucepan. Cover with water and add the juice of ½ a lemon and thyme. Bring liquid to a gentle simmer and poach for 10 minutes or until the fish is just cooked, and tender.
3. Remove fish to a bowl, reserving poaching liquid. Shred fish into bite-sized pieces and set aside.
4. Peel parsnips and slice into ¼-inch thick slices. Peel and dice potatoes, and set aside.
5. In large saucepan, melt 2 Tbsp butter and saute onion until just golden. Add parsnips, potatoes and 3 c. of poaching liquid. Bring to a boil; reduce heat, cover and simmer for 15 minutes or until vegetables are tender and easily pierced with a fork. Lower heat to keep warm.
6. In small saucepan combine milk and heavy cream. Heat until just warm, being careful not to boil. Stir into vegetable mixture and bring back to a simmer.
7. Slowly stir in shredded cod. Season with salt and pepper to taste and stir in remaining butter. Serve, topped with freshly ground pepper and diced chives, if desired.

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