

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Spicy Seafood Chowder

Adapted from Recipe by Ronnie Fein in the Connecticut Post

Chowderheads, wake up! It's not just about clams and cream sauce...

<i>2 Tbsp vegetable oil</i>	<i>2/3 cup uncooked white rice</i>
<i>2 carrots, sliced 1/4-inch thick</i>	<i>4 large plum tomatoes, chopped</i>
<i>1 large yellow onion, chopped</i>	<i>1/2 lb firm white fish, such as cod</i>
<i>1 leek, cleaned and chopped</i>	<i>1/2 lb scallops</i>
<i>2 stalks celery, sliced</i>	<i>1 lb shucked clams</i>
<i>2 Serrano peppers, seeded, chopped</i>	<i>1/2 cup fresh or frozen peas</i>
<i>2 cloves garlic, minced</i>	<i>1/2 cup fresh or frozen corn kernels</i>
<i>6 cup fish stock</i>	

Heat oil in soup pot over medium heat. Add veggies and cook with stirring for about 3-4 minutes, or until softened. Add garlic and stir for about a minute.

Add stock and bring to a boil. Lower heat, cover and cook for 10-15 minutes. Add rice and simmer, covered, for another 10 minutes. Add the tomatoes and simmer for another 10 minutes. Add the remaining ingredients and simmer for 8-10 minutes. Don't overcook the fish or it will be tough!

This is a non-creamy version, chock-full of tasty chunks of seafood goodness. If it's too zesty, leave out some of the chiles (next time). You can add lima beans and other seasonal veggies if you wish; lots of tasty options!

Yield: Six servings

Preparation time: 15 minutes

Cooking time: 45-50 minutes

