

Delish *fish dish!*

There's not much to love about this time of the year is there? Except perhaps for the opportunity of enjoying a variety of delicious soups and casseroles to keep us going through the cold winter days! Here's a very simple chowder recipe – ideal for a winter lunch or light supper. Very yummy with a lump of french bread!



Mrs Westbrook's Smoked Haddock Chowder

**Serves 4 as main course...
more as a starter**

Ingredients:

- 1 lb /450 g of smoked haddock
- 2 oz /50g butter
- Large heaped tablespoon of plain flour
- 2 medium onions sliced
- 2 medium carrots grated
- 8 oz/225g potatoes peeled and cut into bite sized chunks
- 1/4 pint milk
- Salt and white pepper
- Chopped parsley

Method

- 1** Simmer the fish in 2 pints water for about 10 mins, with a bay leaf.
- 2** Strain out liquid and reserve. Remove skin and bones and flake fish.
- 3** Melt butter in saucepan and gently soften onions. Add flour and stir until absorbed. Add fish liquor gradually to make a sauce.
- 4** Add grated carrot and potatoes.
- 5** Pop lid on pan and simmer for

about 10 mins until potatoes are soft.

- 6** Add fish, milk and white pepper to taste. Add a little salt if needed.
- 7** Throw in chopped parsley just before serving.

Tastes even better if left to cool overnight and gently heated next day. If eating the next

day add parsley on the day when reheating. For a special occasion use single cream instead of milk!

