



Carolina Seafood Chowder

This excellent, hearty fish stew makes a lovely first course or a satisfying main dish. For the best flavor, make the broth base a day in advance, reheat to a gentle simmer before serving and add the seafood and okra just prior to plating.

INGREDIENTS:

1 cup	white onion, chunky dice
1 leek	white part only, sliced and well washed
1 cup	carrot, medium dice
1 cup	celery, medium thick slice
1 tsp	chopped garlic
½ cup	red bell pepper, small dice
6 cups	fish stock (use clam juice or make fresh from shrimp shells)
2 cups	diced potatoes, scrubbed, skin on
1 (12oz) can	evaporated skim milk
1/2 cup	cornstarch
4 oz.	fat free cream cheese
1 pound	assorted firm seafood cut into bite-sized pieces
1 cup	fresh or frozen (thawed) sliced okra
1/4 cup	fresh chopped chervil or parsley
1/8 tsp	red pepper flakes
2 tsp	sherry

PREPARATION:

- Heat a large soup pot and gently sweat the onion, leek, carrot, celery, garlic and peppers until soft.
- Add fish stock and potatoes and bring to a boil. Simmer 10 minutes
- Combine milk, cornstarch and cream cheese in a blender and process until smooth
- Pour milk mixture into simmering broth, stirring to thicken
- Add raw seafood, okra, chervil, pepper flakes and sherry
- Return to a gentle simmer to cook the fish
- Taste and adjust seasonings
- Ladle into a heated broad bowl and serve

Yield: 6, 1 cup servings
Calories: 120
Fat Grams: 2

