

Fish Chowder

Served with crackers, water and an apple.

Makes 12 cups. About 1 hour to prepare and cook.



Char is delicious cooked in this creamy broth.

Ingredients



2 tablespoons
oil



1 onion,
chopped



4 carrots,
chopped



4 stalks of celery,
chopped



2 tablespoons
flour



4 cups
water



1 can cream of
mushroom soup



1 can
evaporated milk



3 potatoes,
cubed



1 cup frozen corn
(or 1 can kernel corn)



1 teaspoon
pepper



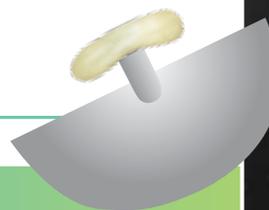
2 Bay leaves
(optional)



1 small to medium Arctic
char (or around 1 1/2
kilograms (3 pounds) of
other fish), filleted and
cut into bite sized pieces

Kitchen Supplies

Large pot with cover | Cutting board | Knife and/or ulu
Wooden spoon | Measuring spoons | Measuring cup



Step-by-Step



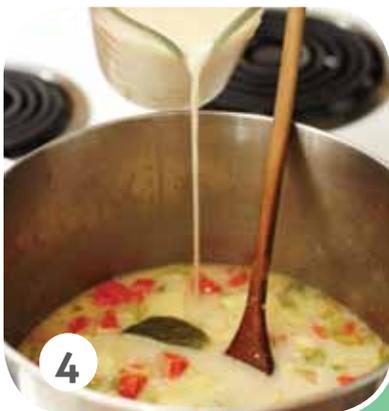
1 Heat oil on medium-high. Add onion, carrots and celery.



2 Cook, stirring often, until the onion is soft, but not brown.



3 Add flour and stir and cook for about 3 minutes.



4 Add water, mushroom soup, evaporated milk, potatoes, corn, pepper and Bay leaves. Bring to a boil.



5 Turn heat down and simmer for about 15 minutes, until the potatoes are starting to get soft.



6 Add fish. Cover and simmer for 10 more minutes.



TIP
Remove bay leaf before serving.



IT'S GOOD FOR YOU!

The fish and milk in this recipe make it rich in vitamin D.
Vitamin D is needed for strong bones and teeth.



COOKING TIP!

To make 4 cups of regular milk from skim milk powder, put 1 cup of powder into 4 cups of water and stir.
You can use 1 cup of skim milk powder instead of evaporated milk in this recipe.



For more information on
health and nutrition visit

www.hss.gov.nu.ca