



PRESIDENT BENJAMIN HARRISON

JFK'S NEW ENGLAND FISH CHOWDER



6
SERVINGS



15 MINS
PREP TIME



30 MINS
COOK TIME

INGREDIENTS

- 2 pounds haddock (or cod, halibut, or other flaky, white fish)
- 2 ounces salt pork, diced
- 1 large onion, sliced
- 4 large potatoes, diced
- 1 cup celery, chopped
- Bay leaf
- 1 teaspoon salt
- Freshly ground black pepper, to taste
- 1 quart milk
- 2 tablespoons unsalted butter

INSTRUCTIONS

1. Put the haddock in a soup pot with 2 cups of water and simmer for 15 minutes. Drain, reserving the broth. Remove any bones from the fish and set fish aside.
2. Sauté the salt pork in the soup pot until crisp. With a slotted spoon, remove the pork and set aside. Sauté the onions in the pork fat until golden brown. Add the fish, potatoes, celery, bay leaf, salt, and pepper to taste.
3. Pour in the reserved fish broth plus enough boiling water to make 3 cups liquid. Simmer for 30 minutes. Add the milk and butter and simmer for 5 minutes. Serve the chowder sprinkled with the diced pork.

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NUTRITION PER SERVING (8 SERVINGS)

Calories 520 • Fat 18g • Saturated Fat 8g • Sodium 675mg •
Carbohydrates 54g • Dietary Fiber 6g • Added Sugars 0g • Protein 36g

DIETITIAN'S NOTE

Serve with rice to make this chowder more filling or replace whole milk for skim milk. Use olive oil instead of butter to reduce saturated fat and increase omega-3 fatty acid