

# ISLAND GROWN

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## HARVEST <sup>OF</sup> THE MONTH

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- May -

# SEAFOOD

### FISH AND CORN CHOWDER

- 2 TBL. Olive oil**
- 2TBL. Butter**
- 1 lb. Cod fish or other white fish cut into cubes**
- 1 large onion, chopped**
- 4 stalks celery, chopped**
- 2 cloves garlic, minced**
- 1/2 tsp. Fennel seed**
- 1 C. Corn kernels**
- 2 C. Potatoes, cubed into 1/2" pieces**
- 3 C clam juice or vegetable broth**
- 1 1/2 C water**
- 1 bay leaf**
- 1 sprig thyme**
- 1 C. Half and half or light cream**
- 1/2 tsp. Ground black pepper**
- Chopped parsley for garnish**

*In a 4 qt. pot heat oil and melt butter, add onion and celery and cook until tender. Add garlic and fennel seeds cook 30 seconds. Add potatoes, clam juice, water, bay leaf and thyme sprig, bring to a boil and then simmer about 10-12 minutes until potatoes are almost tender. Add fish and corn kernels, cook for another 5 minutes or so. When fish is cooked, add half and half, gently heat through. Discard Bay leaf, and thyme sprig. Taste for salt. Ladle into bowls and garnish with chopped parsley.*

*Recipe by Robin Forte*



*For more information visit*

**ISLANDGROWNSCHOOLS.ORG/HARVEST-OF-THE-MONTH**