

POTATO AND SALMON CHOWDER

4 Servings

INGREDIENTS

2 medium potatoes, peeled and diced

1 Tbsp butter

½ small onion, finely diced

½ litre milk

250ml half and half cream

1 7.5oz can salmon, drained with the juice saved

Salt and pepper

DIRECTIONS

Step 1

In a large pot, cover the potatoes with cold water and salt. Bring to a boil and cook until potatoes are tender, 15-20 minutes. Once done drain the potatoes.

Step 2

While the potatoes are cooking, melt the butter in a large pot over medium heat.

Step 3

Add the onion and cook until soft but not brown.

Step 4

Add the milk and cream and bring to a simmer

Step 5

Add the potatoes and salmon juice and cook, stirring frequently for 20 minutes.

SHOPPING LIST

Potatoes

Butter

Onion

Milk

Half and half cream

Can of salmon

Step 6

Break the salmon into chunks and stir into the soup. Simmer for 5 more minutes and season to taste.

From the book: (1999). *Many Hands: Community Kitchens share their Best*. Vancouver, BC: Community Kitchens Publishing.