# Canadian seafood chowder

From Newfoundland to the Great Lakes to BC, this chowder shows off the best of Canadian seafood from all across the country. Consider a crisp white wine or a West Coast IPA to bring your taste buds alive.

Prep
20 mins
Cook
30 mins



Ingredients

- 50 mL clarified butter
- 1 medium onion diced

- 1 leek diced
- 2 stalks of celery diced
- 75 mL dry white wine
- 2 L fish stock
- 50 g flour
- 250 mL heavy cream
- 75 g BC sablefish (smoked)
- 75 g Manitoulin Island lake trout
- 75 g bay scallops
- 75 g Fogo Island shrimp
- 50 g Fogo snow crab cracker
- 75 g fingerling yellow and purple potatoes cooked and sliced
- 20 g salmon roe
- 1 tsp crème fraîche
- 1 tsp dill roughly chopped
- 1 tsp tarragon roughly chopped

- Vancouver Island sea salt to taste
- Toasted black pepper ground to taste

Instructions

**Step 1**
Sauté onions, leek, and celery in clarified butter for about 2 minutes, sprinkle with flour and cook on medium-low heat while stirring. Once flour is cooked, add white wine and reduce by half.

**Step 2**
Add half the fish stock and simmer for 5 minutes, stir in heavy cream and simmer for a few minutes. Season the soup with salt and pepper.

**Step 3**
In a separate pot, simmer the remaining fish stock and blanch bay scallops, Fogo Island shrimp, and diced trout. Season them with herbs and salt and pepper, then set aside.

**Step 4**
Place diced smoked sablefish, blanched seafood, and sliced fingerling potatoes in a large soup bowl.

**Step 5**
Pour the soup over. Garnish with crème fraîche, salmon roe and snow crab cracker.