

Easy Fish Chowder

This easy soup is real winter comfort food. The thick texture makes it filling and delicious and it's definitely a meal-in-one.

Fish is a healthy source of protein and this soup is a wonderful way to include that into family meals with very little hassle. Kids love corn, but if you have picky eaters, just blend the ingredients that they don't want to 'see' before adding it to the soup, so that the wholesomeness is still there, without them even knowing.



Ingredients

SERVES 6

15 ml (1 tbsp) olive oil
1 large onion, finely chopped
2 leeks, rinsed and thinly sliced
2 cloves of garlic, crushed
2 celery stalks with the leaves, chopped
4 medium potatoes, cubed
750 ml (3 cups) chicken or vegetable stock
15 ml (1 tbsp) finely grated lemon rind
1 bay leaf
500 g fresh hake or any other fresh line fish, deboned and cubed (or frozen fish, thawed and patted dry)
1 x 410 g tin whole kernel corn, drained
25 ml (5 tsp) chopped fresh or 10 ml (2 tsp) dried thyme
250 ml (1 cup) milk
salt and freshly ground black pepper to taste
lemon juice to taste
30 ml (2 tbsp) fresh Italian parsley, chopped
lemon wedges to serve

Method

1. Heat an AMC 24 cm Gourmet High over a medium heat until the Visiotherm® reaches the first red area. Add onion, leeks, garlic and celery, sauteing until almost soft.
2. Add potatoes and sauté for 3 - 5 minutes. Stir in the stock, lemon rind and bay leaf. Reduce the heat and simmer with a lid for 15 - 20 minutes or until the potatoes are tender and cooked.
3. Mash the soup in the unit with a potato masher until slightly smoother or blend with a stick blender for a completely smooth texture.
4. Stir in the fish and simmer gently for another 5 - 10 minutes or until the fish is just cooked (the time will depend on the type of fish and the size of the cubes).
5. Stir in the corn, thyme, milk and season with salt, pepper and a good squeeze of lemon juice.
6. Heat again until the soup just begins to simmer gently. Season to taste. Stir in the parsley and serve with lemon wedges.

TIPS & VARIATIONS:

- Smoked haddock or leftover snoek will also be delicious in this soup. Stir in with the corn kernels.
- For a spicier flavour, add a chopped chilli or a pinch of cayenne pepper to the soup.
- Use half the amount of fish and add 250 g mixed seafood. Simmer until fish and seafood is cooked, before seasoning to taste.