

## CANADA

### **Salmon Chowder**

*Salmon chowder is a comforting seafood soup popular in coastal regions of Canada. It features tender salmon pieces cooked in a creamy broth with potatoes and vegetables. The dish has a mild, savory seafood flavor with a rich and smooth consistency. Soft potatoes and flaky salmon create a hearty texture, making it a warm and satisfying meal often served in seafood restaurants.*



### **Ingredients**

- 2 salmon fillets (about 6 ounces each), skin removed and cut into chunks
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 medium potatoes, peeled and diced
- 1 cup corn kernels (fresh or frozen)
- 3 cups fish or vegetable broth
- 1 cup heavy cream
- 1 cup milk
- 1 teaspoon thyme or dried herbs
- Salt and black pepper to taste
- Fresh parsley or dill for garnish (optional)

## How to Prepare

1. Heat butter and olive oil in a large pot over medium heat. Add the chopped onion and cook for about 3–4 minutes until softened.
2. Add minced garlic and cook for another minute until fragrant.
3. Stir in the diced potatoes and corn, then pour in the fish or vegetable broth.
4. Bring the mixture to a gentle boil, then reduce heat and simmer for about 10–12 minutes until the potatoes become tender.
5. Add the salmon chunks to the pot and cook for about 5 minutes until the fish is tender and cooked through.
6. Pour in the milk and heavy cream, stirring gently to combine all ingredients.
7. Season with thyme, salt, and black pepper according to taste. Simmer for another 3–4 minutes until the chowder thickens slightly.
8. Remove from heat and ladle the chowder into serving bowls.
9. Garnish with fresh parsley or dill if desired, and serve warm.