



A Taste of Canadian Agriculture

Canadian fish chowder

2 oz. (55 g)	butter
1	medium carrot, sliced
1	onion, finely diced
1	celery stalk, finely diced
12	mussels
12	oysters
8 oz. (225 g)	white fish
8 oz. (225 g)	shrimp
2 tbsp (30 mL)	brandy

Sauce

4 oz. (115 g)	butter
1/2 cup (125 mL)	flour
1 tsp (5 mL)	salt
4 cups (1 L)	milk
1/4 cup (50 mL)	tomato puree
1/2 cup (125 mL)	white wine
1 tsp (5 mL)	prepared mustard
1 container (9 oz. / 270 mL)	cream
1/4 cup (50 mL)	chopped parsley
	cayenne pepper to taste
	lemon juice to taste

Method

Melt the butter in a deep pan. Add vegetables and brown. Chop the seafood and add to pan. Add brandy and flambé. Make white sauce by melting the butter in a saucepan on low heat, stirring in the flour and salt and gradually whisking in the milk. Add the tomato puree, wine, mustard and white sauce to the seafood and vegetables. Bring to the boil. Add cream and parsley and garnish with a sprinkle of cayenne. Salt, pepper and lemon juice may be added to taste.

- Makes 6 to 8 servings

NUTRITIONAL INFORMATION PER SERVING

- 317 Calories; 22 g fat; 14 g protein; 12 g carbohydrate

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