

Trout Chowder

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Chowder variations range from state to state, but they all have one thing in common: a sweet, creamy base with delectable seafood.

Ingredients:

1 tablespoon butter
1 cup chopped onion
1 clove garlic, minced
1 teaspoon dried thyme
1 bay leaf
1 (8-ounce) bottle clam juice
½ pound baking potatoes, peeled, cubed
1 cup corn
2 cups half-and-half
½ pound trout fillets, chopped
¼ cup chopped scallions, for garnish

Directions:

- 1) Melt butter in a medium pot over medium. Add onion, garlic, thyme, and bay leaf; cook until softened, stirring occasionally,. About 4 minutes
- 2) Add clam juice and potatoes to pot; bring to a boil over high heat. Reduce to a simmer and cook, covered, until potatoes are softened, about 15 minutes.
- 3) Add corn, half-and-half, and trout to pot; cook until trout is cooked, about 15 minutes. Garnish with scallions and serve.