
CREAMY FISH CHOWDER

Prep: 20 min. Cook time: 40 min. Total time: 1hr.

Serves: 4

- 1 ½ Tbsp. olive oil
- 3 small leeks, white and light green part only, cleaned and chopped
- 1 cup diced celery
- 1 cup diced carrots
- 3 cups quartered baby red potatoes
- 2 Tbsp. flour
- 1(900mL) carton vegetable stock
- Zest and juice from 1 lemon
- ¼ Tsp. white pepper
- 1 ½ Tsp. Old Bay Seasoning
- ½ Tbsp. crushed fennel seed
- 2 Tsp. sea salt or to taste
- 1 Tbsp. fresh chopped parsley
- ½ cup fresh or frozen corn
- 1(12oz) cod filet, cut into bite size pieces
- 1 cup heavy cream

In a large pot, over medium low heat, add olive oil and leeks. Sauté until tender, about 5 minutes. Add celery, carrots, potatoes and flour and cook for about 1 minute. Add stock and stir. Add lemon zest, juice, pepper, seasoning, fennel seed and salt. Bring to a simmer and cook until potatoes are almost fork tender. Add in the parsley, corn, cod and heavy cream and cook for another 15 minutes. Remove from heat, ladle into soup bowls and serve.

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