

Lula's SALMON CHOWDER – about 8-10 cups

At The Ready:

Onions, 1 cup diced
Celery, ½ cup diced

Garlic Cloves, 2, minced

White Wine – ½ cup
Flour, all purpose – ¼ cup

White Corn from frozen
(thawed) or off cob, ¾ cup
Red bell pepper, diced, ¾
cup

Chicken Broth, low sodium,
4 cups (or cans – it's not
going to kill anything to
have 10 extra ounces).
Thyme, Dill – 1 tsp ea
Tarragon, Red Pepper
Flakes, Old Bay – ½ tsp ea
Bay Leaf – 1
Salmon Fillets Skin on, 1#

2 medium baking potatoes

Lobster Paste – 1.5 tsp
Tomato Paste – 1 tsp
Half Lemon

Saute these in 1.5 to 2 gallon heavy pot with 2 TBS butter and a couple of dashes of Lawry's Seasoning salt on med heat until beginning to soften, then add:

Sauté one minute more, stirring often. Preheat oven to 500.

Add to above, stir, reduce to ¼ cup or so. Stir in flour and stir it around for a minute or two (will be chunky & thick).

White above is reducing, place these on roasting sheet, dump 1 TBS olive oil over, sprinkle w/ tsp kosher salt, & cracked pepper. Toss all around and place in 500 oven for 10 minutes.

Dump all this in, stir around till simmering, not boiling. Then slide salmon in and poach 10 minutes. Your timer should be about ready to go off on the roasting tidbits – pull them out to wait while you:

Wash, and dice to half inch cubes – skin on or off to preference. Do not rinse potatoes after dicing them.

When Salmon is finished poaching, pull it out onto cutting board. Dump in the potatoes and the roasted items, stir around. Add these three ingredients, squeezing the lemon juice into the pot and then dumping in the 1/2 lemon itself, stir everything through, and let simmer 10 more minutes to cook thru potatoes. Then add salmon back in, flaking it off of the skin back into the pot. If you have a dog feed them the skin – it's great for their coat! Oscar's favorite treat.