

Kevin Dundon

Seafood Chowder

Serves 4

600g / 1½ lb selection of fresh fish & shellfish

1 tsp oil

½ leek thinly sliced

1 carrot diced finely

1 potato diced

1 onion diced

200g cherry tomatoes quartered

400ml / 14fl oz fish stock

100ml / 5fl oz white wine

½ tsp tomato paste

1 pinch of saffron

1 sprig of fennel/dill

2 sprigs of thyme

1 pinch of seaweed

Salt and pepper

Ireland 

Method



- Prepare your fish into bite size pieces.
- Over medium heat, in a sauté pan, drizzle the oil and add the vegetables.
- Sauté for 2 minutes until glazed but without colour.
- Next, add in white wine, fish stock, tomato paste and saffron. Season with seaweed or salt and pepper.
- Allow the mixture to come to the boil then add the fish pieces. Cover with a lid or a cartouche made of parchment paper and simmer very gently, for 5-6 minutes or until the fish is just cooked for 5-8 minutes. At this stage, try not to stir the chowder too much as this will cause the fish to break up.
- When the fish is cooked through remove from the heat, check the seasoning. Add extra herbs and serve immediately.