

# WEST CORK SEAFOOD CHOWDER



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Serves: 6

## INGREDIENTS

50g Bacon cubed • 30g butter • 1 onion in small cubes • 1 carrot in small cubes •  
1 leek in small cubes • 1 potato in small cubes • 1 sprig fresh thyme • 1 bay leaf •  
30g flour • 1 litre fresh fish stock or 1 litre water and good quality fish stock cube •  
200ml fresh cream • 200g mixed cubed fresh fish and seafood • Salt and pepper to taste

## METHOD

Fry the bacon in butter for 2 minutes • Add the thyme, bay leaf and the vegetables (not the potatoes) and sweat for a further 5 minutes • Add a tbsp of flour and mix well • Cook for 2-3 minutes while stirring continuously to take away the raw flour flavour • Add the fish stock bit by bit always stirring to remove any lumps • Bring to the boil • Add the cream and the potato • Be careful the soup doesn't stick to the bottom of the pan • Simmer for 5 minutes • Season with salt and freshly ground black pepper • Add the fish & seafood • Bring to the boil and cook for a further 2 minutes • Serve with fresh Irish soda bread