

West Coast Sea Products Ltd

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Scallop Chowder

340g (12oz) whiting fillets, fresh or defrosted, skinned and cubed
115g (4oz) prepared scallops, fresh or defrosted, sliced
30g (1oz) butter or margarine
1 medium onion, thinly sliced
2 sticks celery, chopped
2 medium carrots, diced
1 large potato, scrubbed and diced
115g (4oz) lean bacon, derinded and chopped
300ml (10 fl oz) vegetable stock
300ml (10 fl oz) milk
1 x 15ml spoon (1 tablespoon) cornflour
salt and black pepper
chopped fresh parsley, to garnish

Melt the butter or margarine in a large pan and gently sauté the onion, celery, carrot, potato and bacon until onion is slightly softened.

Pour in stock and simmer until potatoes are just tender.

Add the cubed whiting and sliced scallops and simmer for 4 minutes.

Blend milk and cornflour and add to pan with seasoning. Stir carefully until thickened

Garnish with parsley and serve with hot crusty rolls or French bread.

Serves 4-6