

Manhattan-Style Fish Chowder

with Garlic Bread

The term “chowder” traditionally describes a French fish stew made with cream. But in the 19th Century, New Yorkers gave the dish a makeover, preparing it with a flavorful vegetable and tomato broth instead. This light, bright-tasting version of the recipe has been embraced ever since. Our Manhattan-style chowder is filled with mild cod, fingerling potatoes, classic spices and more. And we’re serving it with a crunchy side of garlic bread—perfect for sopping up the broth.



Ingredients

- 4 Cod Fillets
- 1 Small Baguette
- 1 28-Ounce Can Diced Tomatoes
- 4 Cloves Garlic
- 2 Carrots
- 2 Stalks Celery
- 1 Yellow Onion
- ½ Pound Fingerling Potatoes
- 1 Large Bunch Parsley

Knick Knacks

- 1 Tablespoon Old Bay Seasoning

Makes 4 Servings

About 500 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Slice the potatoes into ½-inch-thick rounds. Peel the carrots and thinly slice into rounds. Peel the garlic; thinly slice 3 of the cloves, leaving the remaining clove whole. Thinly slice the celery crosswise. Peel, halve and thinly slice the onion. Slice the baguette into 1-inch-thick pieces on an angle. Pick the parsley leaves off the stems; discard the stems and roughly chop half the leaves.

2



Start the chowder:

In a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **potatoes** and **carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly tender.

3



Add the aromatics:

Add the **sliced garlic**, **celery**, **onion** and **Old Bay** seasoning to the pot of vegetables; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant.

4



Make the broth:

Add the **diced tomatoes** and **2½ cups of water** to the pot of vegetables; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium and simmer 4 to 6 minutes, or until the liquid is slightly reduced in volume. Season with salt and pepper.

5



Make the garlic bread:

While the broth simmers, place the **baguette slices** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and toast in the oven 4 to 6 minutes, or until golden brown. Remove from the oven and let cool slightly. When cool enough to handle, carefully rub the cut sides of each toasted baguette slice with the **whole garlic clove**; discard the clove. Transfer to a serving dish.

6



Finish & serve your dish:

While the baguette slices toast, season the **cod fillets** with salt and pepper on both sides. Add the seasoned fillets and **chopped parsley** to the pot of broth and cook 3 to 4 minutes, or until the fillets are opaque and cooked through. Turn off the heat. Using 2 forks, without removing the cod from the pot, carefully flake the cooked fillets into bite-sized pieces. Stir to combine. Serve the **finished chowder** with the **garlic bread** on the side. Garnish with the **whole parsley leaves**. Enjoy!