

Manhattan Fish Chowder

with Fingerling Potatoes & Crusty Baguettes

The word chowder brings to mind the warm, rich seafood stews the Atlantic Northeast is famous for. Manhattan chowder actually originated in Rhode Island, where some fisherman began using tomatoes instead of milk as the base of the soup. New Englanders, wary of this new variation on their regional classic, began calling it “Manhattan-style”, because, in their view, calling someone a New Yorker was discourteous.



Ingredients

- 6 Ounces Fingerlings Potatoes
- 2 5-Ounce Pollock Fillets
- 4 Cloves Garlic
- 2 Carrots
- 2 Mini-Baguettes
- 2 Stalks Celery
- 1 Bunch Parsley
- 1 Lemon
- 1 Yellow Onion
- 1 28-Oz Can Chopped Tomatoes
- 1 Teaspoon Old Bay Seasoning
- 1 Fresh Bay Leaf
- 1 Mini Bottle Tabasco Hot Sauce

Makes 2 Servings

About 525 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 400°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Slice the potatoes into 1/8-inch rounds. Peel and mince the garlic. Peel and small dice the carrots and onion. Thinly slice the celery on an angle. Pick the parsley leaves off the stems. Using a peeler, remove the yellow skin of the lemon, avoiding the white pith; mince the peel to get 2 teaspoons of lemon zest. Cut the lemon into quarters and remove the seeds. Cut the fish into bite-sized pieces.



Cook the potatoes:

Once the water is boiling, add the **potatoes**. Cook 8 to 10 minutes, or until tender when pierced with a fork. Drain thoroughly and set aside.



Start the stew:

While the potatoes cook, in a large pot, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic** and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until fragrant and the onion has softened. Add the **carrots** and **celery** and season with salt and pepper. Cook 3 to 5 minutes, stirring frequently, or until softened.



Add the seasoning & tomatoes:

Stir the **tomatoes**, **Old Bay seasoning**, **bay leaf**, **lemon zest**, **juice of 2 lemon wedges** and **1¼ cup of water** into the pot of vegetables. Bring the soup to a boil, then reduce the heat to low and simmer 5 to 7 minutes, stirring occasionally, allowing the flavors to meld and develop.



Finish the stew:

To the stew, add the **fish pieces** and **cooked potatoes** and season with salt and pepper. Cook 5 to 7 minutes, or until the fish is opaque and cooked through, stirring occasionally and gently so the pieces of fish don't break apart. Season with salt and pepper to taste and remove from heat. Find and discard the bay leaf.



Toast the bread & plate your dish:

While the stew is cooking, cut the **mini baguettes** in half lengthwise and place on a sheet pan in a single layer, cut side up. Drizzle with olive oil, place in the oven and toast 3 to 5 minutes, or until warmed, browned and crunchy. To plate your dish, divide the soup between 2 bowls and garnish with the **parsley** and **remaining lemon wedges**. Add a dash of **Tabasco sauce**, if you'd like, and serve with the toasted baguettes on the side. Enjoy!