



Tomato and Corn Fish Chowder

- NUTRITION NORTH CANADA -

This hearty Mexican-inspired fish chowder is simple to make by using canned tomatoes and frozen corn. Try it with a dense fish, like halibut, or a delicate fish, like cod. Enjoy this chowder with some crusty bread.

About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 20 mins



Cook time: 40 mins



Serves: 6



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INGREDIENTS

- 3 Tbsp (45 mL) olive oil
- 1 medium onion, diced
- 1 medium carrot, thinly sliced
- 2 tsp (10 mL) sliced garlic
- pinch cayenne pepper
- 2 large potatoes, diced
- $\frac{3}{4}$ tsp (4 mL) salt
- $\frac{1}{4}$ tsp (1 mL) ground black pepper
- $\frac{1}{2}$ tsp (2.5 mL) dried thyme
- 2 cups (500 mL) chicken broth
- 1 can (14 oz/414 mL) diced tomatoes, with juice
- 2 cups (500 mL) frozen corn
- 3 Tbsp (45 mL) fresh parsley, minced or 1 Tbsp (15 mL) dried parsley
- $\frac{1}{2}$ cup (125 mL) white wine (or 2 Tbsp/30 mL lemon juice plus $\frac{1}{2}$ cup/80 mL water)
- $\frac{1}{2}$ lb (225 g) fresh halibut (or cod), skin removed

Instructions

1. Heat the oil in a large pot over medium-low heat and cook the onion until soft. Add the carrot, garlic and cayenne and cook for 5 minutes, stirring occasionally.
2. Add potatoes, salt, pepper, thyme, broth and half of the tomatoes to the pot. Raise the heat to medium and cook, partially covered, stirring occasionally. Once the potatoes are tender (10 to 15 minutes), lower heat and add the corn, parsley and wine.
3. Dice the fish and add to the pot along with the remaining tomatoes and tomato juice. Stir gently. Cook for 10 minutes (or 5 minutes if using cod).
4. Serve hot.



Chill leftover chowder for up to 3 days in the fridge. To make ahead to freeze and serve later, prepare the recipe without the fish. Let cool. Transfer chowder to food safe containers, removing all excess air. Freeze for up to 4 months. When ready to use, thaw chowder in fridge overnight and heat on stovetop to simmer to serving temperature (165°F/74°C or higher). Add fish and cook for 10 minutes before serving.