

# manhattan chowder

winter



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EST 1981. SYDNEY FISH MARKETS PYRMONT

# Manhattan chowder

Serves 4

60g butter

3 streaky bacon rashers, chopped

2 onions, chopped

2 garlic cloves, finely chopped

2 celery stalks, sliced

3 potatoes, diced

3 teaspoons chopped thyme

1.25 litres (5 cups) fish stock

1kg vongole or clams (cleaned)

1 tablespoon tomato paste (puree)

400g tin chopped tomatoes

375g skinless Ling fillets, cut into bite-sized pieces

12 large green prawns (uncooked),  
peeled & de-veined, tails in tact

2 tablespoons chopped parsley

## Fish Substitution

Blue-Eye Cod or Boneless flake

Melt the butter in a large saucepan, then cook the bacon, onion, garlic and celery over low heat, stirring occasionally, for 5 minutes, or until soft but not brown. Add the potato, thyme and 1 litre (4 cups) of the stock to the saucepan and bring to boil. Reduce the heat and simmer, covered, for 15 minutes.

Pour the remaining stock into another saucepan and bring to the boil. Tip in the vongole, cover and cook for about 3-5 minutes, or until they open. Drain the vongole liquid through a sieve and add it to the soup mixture. Pull most of the vongole out of their shells, leaving a few in tact for garnish.

Stir the tomato paste and chopped tomatoes into the soup and bring back to the boil. Add the fish pieces, vongole and prawns and simmer over low heat for 3 minutes, or until the seafood is cooked - the prawns should be pink and the fish opaque. Season with salt and pepper and stir in the parsley. Serve garnished with the vongole in their shells.

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