

Salmon Chowder

1 Tsp olive oil
4 spring onions
1 stalk celery
3 clove garlic
1 fennel bulb
1/2 tsp dried thyme
1 tsp crushed red pepper flakes
Kosher salt
pepper
2 Tsp butter
2 Tsp flour
1 litre milk
1 cup chicken stock
150g baby red potatoes, diced
300g skinless salmon fillet
2 fresh corn Cobbs or a tin of kernels
chopped fresh dill
Cayenne pepper

DIRECTIONS

Heat the oil in a heavy saucepan over medium heat. Add the spring onions, celery, garlic, thyme, red pepper flakes, and season with salt and pepper and cook, stirring occasionally, until the celery begins to soften, 5 minutes. Add the butter.

Sprinkle the mixture with the flour and cook, stirring, for 1 minute.

Stir in the milk and chicken stock. Add the potatoes and simmer until they are just tender, 5 to 6 minutes.

Add the salmon and corn, return to a simmer and cook until the salmon is opaque throughout, about 3 minutes more. Top with fresh dill and a pinch of cayenne pepper.

