



Aleutia Sockeye Salmon Chowder

Baby, it's cold outside. Warm up with an Aleutia sockeye salmon chowder that's rich, filling and really simple to make.

Ingredients:

3 Tbsp. butter
½ cup celery
½ cup carrot
¼ cup chopped onion
2 TBSP. all-purpose flour
2 cups chicken broth
2 cups diced potato
1 lb. boneless Aleutia sockeye salmon fillet, skin removed
1 cup frozen peas
2 cups half-and-half
2 cups shredded sharp cheddar cheese
1 TBSP chopped, fresh parsley
Salt and pepper, to taste

Directions:

Melt butter in a heavy pan over medium-low heat. Add celery, carrot and onion and cook until celery is tender about 5 minutes. Stir in the flour until well blended. Stir in the broth and add potatoes. Cover and simmer until the potatoes and carrots are tender, about 15 minutes.

Cut the Aleutia fillet into bite-sized pieces. Add to the vegetable mixture with peas, stir for about 2 minutes. Add half-and-half along with the cheese and parsley. Cook, stirring continuously until the cheese is melted and the soup just begins to bubble. Add salt and pepper to taste.

Just for fun, serve the salmon chowder in a squash bowl, as pictured (we used Sweet Mama squash). To prepare the squash bowl, carefully cut off the top off the squash to create a lid. Open and remove the seeds. Rub the inside of the body and flesh side of the lid with butter. Fill with water to about 2 inches from the top of the squash. Replace the lid and on a baking pan. Bake in a 350 degree oven for 1 hour. Remove the lid and place it flesh side down next to the squash. Bake for about 30 minutes more. Pour out the water. Allow to cool. Remove the cooked meat, being careful not to go too thin or puncture the squash. Puree the squash for winter squash bread.



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You can get ocean-caught Aleutia smoked salmon delivered to your door by calling 907-383-5909 or visiting the salmon marketplace at www.aleutia.org.