RECIPE

Salmon, Corn and Potato Chowder with Dill

A skim-milk chowder for dinner: wild coho salmon, corn and potato, with half the potato blended in for body and no cream or butter, about 590 mg sodium and 2.3 g saturated fat a serving.

MAKES

4 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, chopped
- [ ] 2 medium celery stalks, thinly sliced
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried thyme leaves
- [ ] 2 medium red potatoes (213 g each, 426 g in all), scrubbed, skin on, cut in ½-inch cubes
- [ ] 1 ½ cups low-sodium chicken broth
- [ ] 1 ½ cups skim milk
- [ ] 2 cups frozen corn kernels, not thawed
- [ ] 1 lb skinless wild coho salmon, cut in 1-inch pieces
- [ ] 1 tbsp lemon juice, stirred in off the heat

Method

1. Warm the oil in a 4-quart pot over medium heat. Cook the onion and celery 5 minutes, until soft and not brown. Stir in the garlic powder and thyme and cook 30 seconds.

2. Add the potatoes, broth and water. Bring to a boil, turn down to a gentle simmer and cover. Cook 15 to 20 minutes, until a fork slides into a cube with no push. Water boils at about 203 °F a mile up, so the potatoes take longer than the sea-level time; go by the fork.

3. Turn the heat to low. With a slotted spoon, lift out about half the potato cubes (about 213 g) into a blender with 1 cup (245 g) of the skim milk. Blend until smooth, with the lid vented and a towel over it, because the potato is hot. Pour the purée back into the pot and stir.

- [ ] ½ cup loosely packed fresh dill sprigs, chopped
- [ ] ¾ tsp salt
- [ ] ½ tsp black pepper
- [ ] ½ cup water, for the potatoes

4. Stir in the other ½ cup (122.5 g) of milk and the frozen corn. Heat until the soup steams and the corn is hot, about 5 minutes. Do not let it boil.

5. Lay the salmon pieces in the soup, cover, and keep the heat low for 8 to 10 minutes, until the fish is opaque and flakes with a fork. A thermometer in the thickest piece should read 145 °F (USDA). Stir only once or twice, gently, so the pieces stay whole.

6. Take the pot off the heat. Stir in the lemon juice, dill, salt and pepper. Ladle into four bowls.