Fish Chowder

Woman's Day, March 10, 1981

Makes 4 servings

Ingredients

- 1 lb block frozen fish fillets (such as whiting), partially thawed and cut in chunks
- 1 large onion, sliced
- 2 Tbsp butter or margarine
- 1 cup water or chicken broth
- 3 medium potatoes, peeled if desired, cut in 1/2-inch cubes
- 3 cups milk
- 2 Tbsp chopped parsley (optional)
- 1/2 tsp dillweed
- 3/4 tsp salt
- 1/2 tsp pepper

Instructions

1. Thaw a 1-pound block of frozen fish fillets just long enough to cut in half with a sturdy sharp knife, then cut into chunks.
2. In a large saucepan, sauté onion in butter until lightly browned; remove onion and set aside.
3. In the same saucepan, bring water (or chicken broth) and potatoes to a boil.
4. Reduce heat; cover and boil gently 10 minutes or until potatoes are almost tender.
5. Add fish; cover and cook 5 minutes or until fish flakes easily with a fork and potatoes are tender.
6. Stir in reserved onion, milk, parsley, dillweed, salt, and pepper.
7. Bring just to boiling.
8. Correct seasoning as desired and serve.

FISH CHOWDER

Thaw a 1-pound block frozen fish fillets just long enough to cut in half with sturdy sharp knife.

1 large onion, sliced
2 tablespoons butter or margarine
1 cup water or chicken broth
3 medium potatoes, peeled if desired, cut in 1/2 inch cubes
1/2 pound frozen fish (we used whiting), cut in chunks
3 cups milk
2 tablespoons chopped parsley (optional)
1/2 teaspoon dillweed
3/4 teaspoon salt
1/2 teaspoon pepper

In large saucepan sauté onion in butter until lightly browned; remove; set aside. In same saucepan bring to boil water and potatoes. Reduce heat; cover and boil gently 10 minutes or until potatoes are almost tender. Add fish; cover and cook 5 minutes or until fish flakes easily with fork and potatoes are tender. Stir in reserved onion, milk, parsley, dillweed, salt and pepper. Bring just to boiling. Correct seasoning as desired. Makes 4 servings. *Per serving made with water: 290 cal, 19 g pro, 26 g car, 12 g fat, 79 mg chol with butter, 61 mg chol with margarine* **WD**

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