
New England Fish Chowder

Marci Stephens

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3/4 cup salt pork, cubed

1 cup onion, chopped

2 1/2 cups potatoes, cubed

2 cups water

3 pounds fish (cod or other white fish)

salt

1 quart half-and half (or milk)

Brown the salt pork in a skillet. Add the onions. Saute'. Add the potatoes and water.

Cook until the potatoes are firm but cooked (approximately 10 minutes).

Add the fish and salt and pepper to taste. Cook until the fish flakes.

Add the half-and-half.

Heat through and serve.

Soups, Chili, Stew

Per Serving (excluding unknown items): 1685 Calories; 143g Fat (76.3% calories from fat); 19g Protein; 81g Carbohydrate; 9g Dietary Fiber; 153mg Cholesterol; 2568mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 28 Fat.