

COLLEEN'S SMOKED SALMON CHOWDER

This is an easy recipe, basically corn chowder with the addition of Gone Fishin' Cajun smoked salmon and lemon. Our Cajun is mild and includes garlic, onion, oregano and paprika in the seasoning. Our salmon is wild-caught in Alaska and prepared for us in Bellingham. Sea salt and brown sugar is used in the brine and Alder wood provides the smoke; so the flavor is mild with no artificial preservatives added. This recipe takes about an hour to prepare and makes 4 servings (7 1/2 cups).

This recipe calls for:

<i>3 T. butter</i>	<i>1 cup heavy cream</i>
<i>1 large red onion</i>	<i>1/4 t paprika</i>
<i>1 pound medium sized red potatoes cut into 1/2-inch cubes</i>	<i>sea salt to taste</i>
<i>3 T. all-purpose flour</i>	<i>freshly ground pepper to taste</i>
<i>4 cups low fat chicken broth</i>	<i>fresh lemon juice to taste (2 - 3 lemons)</i>
<i>2 cups fresh or frozen corn kernels (thawed if frozen)</i>	<i>1 2 T. chopped fresh parsley</i>
	<i>3/4 to 1 pound of Cajun smoked salmon remove skin and flake into medium- sized pieces removing any bones.</i>

Melt butter in a large saucepan over medium heat. Add onion and potato and cook, stirring often - 5 minutes. Add flour and cook stirring constantly for 1 minute. Add broth and bring to a boil, then reduce heat and simmer for 5-minutes with lid on until the potatoes are tender.

Stir in corn, heavy cream, paprika, salt and pepper; return to a simmer, stirring occasionally. Add salmon and simmer 4 minutes or so until the fish flakes. The salmon is smoked so you are NOT cooking it in the broth, it just adds flavor. Add lemon juice and fresh herbs; season with additional sea salt and pepper.

We usually have hard-crust rolls with butter to go with this dish. It is rich and filling and even better the second day (if it lasts that long). This is a wonderful dish to bring to potlucks or for a casual meal.