

Pacific Salmon Chowder

Unit: Food Cutter, 4 Qt or slow cooker

1 – Pound salmon fillets	1 - tsp of salt
2 - Tablespoons of Butter	½ - tsp of pepper
½ - Cup Fennel (cut on #2 blade)	1 ½ - Cups of half-and-half
2 – Cloves of minced garlic	1 – tsp. lemon zest
1 – 32 oz. carton vegetable broth	2 – Tbsp. Corn starch
2 - Cups of Potatoes Cut on #3 Blade	1 - Tsp Chili Powder

Thaw salmon if frozen. Cut into 1 inch pieces. Melt butter in your unit on medium heat (300 with slow cooker). Add the chopped fennel and cook until tender (5-6 minutes)

Add the garlic, broth, potatoes, salt and pepper. Rotate the valve below the knob to open and cover the unit. Cook on medium heat (300 on slow cooker) until the valve whistles and then reduce the heat to low (220 on slow cooker) until the potatoes are tender. (Approximately 15 minutes)

In a small bowl, add the corn starch to the 1 cup of the half-and-half and whisk thoroughly and stir into the soup. Cook until slightly thick and bubbly. Stir in salmon and return to just boiling; reduce heat.

Simmer uncovered 3-5 minutes or until the salmon flakes easily. Stir in remaining half-and-half with lemon zest. Coarsely snip fennel leaves and sprinkle over the soup when serving.

****Do not let the soup boil heavily because the milk will separate****