

Fish Chowder with Northern Pike

Recipe courtesy Merle Ann Loman, 2011

Prep Time: 20 min
Inactive Prep Time: --
Cook Time: 30 min
Level: intermediate
Serves: 6 servings



Ingredients

- 1 1/2 pounds filleted and deboned northern pike (use cod or other flaky whitefish if you don't have pike), cut into 1-inch pieces
- 2 teaspoons Essence, recipe follows
- 4 slices bacon, chopped
- 1 1/2 cups chopped yellow onions
- 3/4 cup chopped celery
- 3/4 cup chopped red or green bell pepper
- 1 teaspoon salt
- 1/4 teaspoon cayenne
- 1 tablespoon minced garlic
- 1/4 cup flour
- 1/4 cup sherry (Cream sherry is best, but any will be fine. Use dry white wine if you don't have sherry)
- 1 pound Idaho potatoes (about 2 large), peeled and cut into 1/2-inch dice
- 3 cups fish stock, or canned low-sodium chicken broth
- 2 cups corn kernels, fresh or frozen (another option is a can of creamed corn)
- 1 1/2 cups half-and-half (if you want to reduce the fat, use skim milk)
- 3 tablespoons minced fresh parsley

Directions

Season the pike with the Essence and set aside. In a medium, heavy stockpot, cook the bacon over medium-high heat until just crisp and the fat is rendered, about 4 minutes. Add the onions, celery and bell pepper, salt and cayenne, and cook until soft, about 3 minutes. Add the garlic, and cook, stirring, for 30 seconds. Add the flour and cook, stirring constantly, until the flour turns the color of peanut butter, about 4 minutes. Add the sherry and cook for 2 minutes. Add the potatoes and stock and simmer for 5 minutes. Add the corn and simmer for 5 minutes. Add the half-and-half, and bring to a boil. Add the pike, lower the heat, and simmer until the fish flakes, about 10 to 15 minutes. Stir in the parsley and serve hot in soup bowls.

Essence (Emeril's Southwest Seasoning):

- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 tablespoons paprika
- 1 teaspoon black pepper
- 1 tablespoon ground [coriander](#)
- 1 teaspoon [cayenne pepper](#)
- 1 tablespoon garlic powder
- 1 teaspoon crushed red pepper
- 1 tablespoon salt
- 1 tablespoon dried oregano

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup