

Seafood Chowder

2 Tbsp butter

1 cup thinly sliced onion

3 Tbsp flour

1 1/2 cup seafood or chicken stock

1 cup potatoes cut into 1/2" cubes

1/2 cup coarsely chopped celery

1/4 cup chopped green pepper

1 bay leaf

1/2 tsp salt

1/8 tsp pepper

2 cups whole milk, half&half, or heavy cream (or combination of these)

1 1/4 lbs white fish fillets, shrimp, and/or crab

1 Tbsp parsley*

2 ounces dry sherry (optional)*

Cook onions in butter 5 minutes; stir in flour and cook 1 minutes. Gradually add stock then the next 6 ingredients; simmer uncovered over medium heat for 25 minutes. Remove from heat; stir in milk, half&half, cream. Cook over medium-low heat until simmering. Add seafood and cook 5 minutes until fish breaks apart (DO NOT BOIL!) Remove bay leaf. Stir in sherry and sprinkle with parsley if desired.

*Sherry and parsley can be served with individual bowls of chowder instead of adding to the