

# Manhattan Chowder

**A chowder is a hearty fish soup.** There are two types, the first is thick and creamy and comes from New England in the North East of the USA. This one comes from New York, home of the Statue of Liberty, and is thought to have arrived there with the first Portuguese settlers.



Celery, fish, milk, egg and wheat (gluten)\*

Nutritional information per portion (368g):

|                                    |                   |                          |                      |                      |
|------------------------------------|-------------------|--------------------------|----------------------|----------------------|
| Energy<br>1046kJ<br>250kcal<br>13% | Fat<br>10g<br>14% | Saturates<br>2.1g<br>11% | Sugars<br>4.6g<br>5% | Salt<br>0.78g<br>13% |
|------------------------------------|-------------------|--------------------------|----------------------|----------------------|

of an adult's reference intake.

Typical values per 100g: energy 285kJ/68kcal.

## Equipment

Weighing scales  
Sharp knife  
Chopping board  
Scissors  
Large saucepan  
Measuring jug  
Wooden spoon  
Can opener  
Peeler  
Measuring spoons

## Ingredients

**Serves 6**  
1 large onion  
2 medium carrots  
600g potatoes  
4 slices smoked streaky bacon  
1 x 400g can chopped tomatoes  
½ x 5ml spoon dried thyme  
1 reduced-salt vegetable stock cube dissolved in 400ml water  
420g skinless salmon fillets  
10g fresh basil

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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## Method

1. Wash the potatoes and carrots.
2. Peel and dice the onion.
3. Peel and cut the carrot into even sized pieces.
4. Peel and cut the potatoes into 1 cm cubes.
5. Use the scissors to cut the bacon into small pieces.
6. Cut the salmon into bitesize chunks.
7. Place the saucepan over a medium heat, add the bacon and gently fry until crispy and the fat is released.
8. Add the chopped onions and carrots and fry gently, stirring occasionally, until tender.
9. Add the dried thyme, chopped tomatoes, vegetable stock and potatoes. Cover and simmer gently for 10-15 minutes until the potatoes are tender but not falling apart.
10. Add the salmon pieces and simmer for a further 4-5 minutes.
11. Serve in bowls and garnish with fresh basil leaves.

## Something to try next time

- Try using different types of fish. The traditional Manhattan Chowder uses clams but you could use prawns or mussels.

## Top Tip

- As this soup is not liquidised, try to keep your vegetables the same size so they'll cook evenly and make the dish more visually appealing.

### Skills used include:

Peeling, chopping, crushing, frying and boiling/simmering.