

Alaska Whitefish Chowder

Gary Nelson - Anchorage, AK

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Servings: 6

1 pound Alaska whitefish
4 slices bacon
1/2 cup chopped onion
1 cup raw potatoes, peeled and diced
2 cups water
1/4 cup flour
1/2 cup clam juice
1 can (13 ounce) evaporated milk
3 tablespoons butter
1 teaspoon salt
1/4 teaspoon white pepper

Preparation Time: 20 minutes

Cook Time: 30 minutes

Rinse the fish with cold water. Pat dry with paper towels. Cut the fish into 1/2-inch cubes. Set aside.

In a small skillet, saute' the bacon until crisp. Remove the bacon from the skillet. Blot with paper towels and crumble. Set aside.

Discard all but two tablespoons of bacon drippings from the skillet. Add the onion to the skillet. Saute' until tender but not brown. Remove from the heat.

In a deep saucepan, combine the onion and potatoes. Add water. Cover. Bring to a gentle boil. Reduce the heat and simmer for 10 minutes. Add the fish. Bring to a boil again. Reduce the heat and cook for an additional 10 minutes, or until the fish and potatoes are done.

In a small bowl, combine the flour and clam juice. Stir with a fork until smooth. Add to the fish and potato mixture, stirring constantly, to blend the flour. Stir in the evaporated milk, butter, salt and white pepper. Continue heating over medium heat until the chowder thickens.

Garnish with the crumbled bacon before serving.

Per Serving (excluding unknown items): 156 Calories; 11g Fat (63.5% calories from fat); 5g Protein; 9g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 528mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 2 Fat.