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# Fish Chowder II

*Rene O'Neil*

*Nettles Island Cooking in Paradise - 2014*

**2 1/2 pounds fish (cod, halibut or haddock)**

**2 ounces salt pork (or bacon), diced**

**1 large onion, diced**

**6 large potatoes, diced small**

**1 quart milk or cream (or 1/2 of each)**

**6 crackers**

**dollop of butter (about 1/4 cup)**

Boil the fish in a small amount of water until nearly separated from the bones. Remove the skin and bones. Break up any large pieces of fish. Reserve the water.

Fry the pork in a soup pot until the cubes are a delicate brown. Add the onion, potatoes and the reserved fish cooking water (or 1/2 cup of water). When the potatoes are nearly done, add the fish and milk. Break the fish up with a spoon when it is cooked. Heat, but do not boil.

Crush the crackers and add to the chowder. Season to taste and add a dollop of butter.

Serve with French bread and a salad to make a filling meal.

## **Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 698 Calories; 3g Fat (3.8% calories from fat); 18g Protein; 154g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 282mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.*