



The Oesophageal  
Patients Association  
Caring for the cancer patient & their family

## Smoked Fish Chowder

### Ingredients

1lb smoked haddock fillet  
8oz potatoes, finely chopped  
6oz carrots, finely chopped  
2oz butter  
2 level table spoons flour  
¼ pint single cream  
Salt and freshly ground pepper

### Method

Simmer the fish in 2 pints water for 10 minutes until tender; drain and flake coarsely, discarding the skin and bones.

Sauté onion in the butter until soft, then stir in the flour; gradually add the strained fish stock and bring to the boil, stirring.

Add potatoes and carrots, simmer for about 10 minutes until tender, stir in flaked fish and cream, season well; liquidise and sieve if necessary; reheat but do not boil.

