



**BERMUDA FISH CHOWDER**      serves 10-12

Ingredients

2 lb. whole ocean white fish; snapper,  
cod or similar FIRM white fish

3 quarts of water

¼ c olive oil

1 diced onion (medium)

4 cloves of garlic, finely chopped

1 red pepper chopped

1 green pepper chopped

2 stalks celery diced

1 diced carrot

1 26 oz can crushed tomatoes

1 peeled diced raw potato

1 c ketchup

4 sprigs fresh thyme

2 T minced parsley

3 bay leaves

4 Knorr Swiss Chicken Bouillon cubes

2 T Lea and Perrins Worcestershire

Sauce

**SHORTCUT:** Place all vegetables from onion to carrot in food processor and pulse to a medium chop. Set aside

## METHOD

Sauté the vegetables in olive oil on low heat 10-15 minutes and set aside.

Place whole fish in a large stockpot with 3 quarts of water and boil 20-30 minutes. Remove from heat. Take fish from the stockpot and place into a large bowl.

### **DO NOT THROW AWAY THE FISH STOCK!**

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Strain the cooking stock ( liquid from the stockpot), removing any scales or bones and SAVE.

1. Measure strained cooking liquid
2. Add enough water that when added to the strained fish stock makes 1 gallon (or 4 quarts). Add all liquid to the stockpot
3. Once fish has cooled enough to handle, remove all visible meat and place in a bowl throwing away skin, bones, scales and anything that is not edible.
4. Add fish and all remaining ingredients to the stockpot containing fish liquid
5. Simmer uncovered until liquid is reduced by 1/3
6. Taste and add additional bouillon cube if needed
7. Fish chowder should be rich and hearty. If not thick enough, combine 2 T butter with 2 T of white flour in a small skillet or saucepan. Stir until medium brown but do not burn. Add to the chowder. If still not thick enough after 20 minutes, repeat adding browned flour mixture. Chowder is always better on the 2<sup>nd</sup> day allowing flavours to marry.

Once desired consistency is reached, serve with Outerbridge's Sherry Pepper Sauce and black rum.