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Nova Scotia Seafood Chowder

Ingredients:

- 2 cups lobster meat 500 mL
- 1 lb fish fillets (haddock, cod, halibut, etc.) 500 g
- 1/2 cup onions, chopped 125 mL
- 1/4 cup butter or margarine 50 mL
- 2 Tbsp all-purpose flour 25 mL
- 4 cups potatoes, peeled & diced 1 L
- 1 cup water 250 mL
- 1 lb scallops 500 g
- 4 cups 10% cream 1 L
- 3 cups milk 750g
- 1 tsp salt 5 mL
- pinch white cayenne pepper pinch
- 1 lb mussels or clams, steamed & 500 g shucked

Method:

1. If frozen, thaw lobster reserving the lobster liquor. Remove any bits of shell or cartilage and cut into bite-size pieces. De-bone fish fillets and cut into 1-inch (2.5cm) pieces. Set aside.
2. In a heavy saucepan, sauté onions in butter until tender. Stir in flour and cook

for 1 minute. Add potatoes and enough water to cover, bring to a boil, cook until tender. Add fish, scallops, and simmer for 5 minutes, stirring once or twice. Add blend, milk, lobster, lobster juice, mussels and seasonings. Heat gently and serve.

3. Makes 12 servings.

Recipe Category: [Soups and Chowders](#).

Products used in this recipe:

[Lobster](#), [Potatoes](#), [Scallops](#), [Fish](#), [Onion](#), [Butter](#), [Cream](#), [Mussels](#), [Clams](#).



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