Maine Fishermen’s Forum 2019
It is, but it isn’t – Chowder by any other name!

Portuguese Fish Stew –

Serves: 6-8

½ cup diced salt pork
2 tablespoons olive oil
1 large onion, chopped
2 garlic cloves, crushed
1 pound ripe tomatoes, cut in half, seeds squeezed out, and grated against the largest holes of a grater down to the peel or 1 16oz can crushed tomatoes
1⅛ quarts water
1 tablespoon plus 2 teaspoons salt
2 pounds Hake, or other firm-fleshed fish fillets, cut into large chunks

1 pound linguiça sausage, cut into 1-inch pieces
2 pounds fingerling potatoes, cut into 1-inch cubes
1 pound kale, trimmed of heavier stems and sliced into thin strips
1 tablespoon dry white wine
1 teaspoon dried thyme
¼ teaspoon red pepper flakes
1 teaspoon freshly ground black pepper
2 dozen littleneck clams (about 2 pounds)

- In a large stock pot, brown the salt pork in the olive oil until crispy over medium heat, stirring occasionally, about 10 minutes.

- Add the onion and garlic and cook, stirring, until soft, about 5 minutes. Add the tomatoes, linguiça, potatoes, fish, kale, water, wine, thyme, red pepper flakes, salt, and pepper.

- Bring to a boil, then reduce the heat to low. Cover and simmer until the potatoes are nearly cooked, 40 to 45 minutes.

- Bring the broth to a furious boil, add the clams, and cook until the clams open, 8 to 10 minutes

- Check the seasonings, let sit for 5 to 10 minutes, remove any clams that remain tightly closed, and serve with crispy bread.
Baked Fish Chowder

Yield – 6 servings

About ¾ cup of DRY vermouth 2 cups of boiling water
2 packages of Betty Crocker (or other brand) scalloped potatoes (just the dry potato slices, not the seasoning/cheese mixture) ¼ tsp dill seed
½ cup of rough chopped celery ¼ tsp white or black pepper
3 yellow onions, rough chopped ¼ tsp minced garlic
1 stick of butter cut into chunks 2 bay leaves
2lb of white fish (haddock, etc) 4-6 whole cloves
2 cups of milk 2 ½ tsp salt
2 cups of milk 1 cup of light cream

Preheat oven to 350 degrees – Total cook time 40 min.

- Mix up all the ingredients up in a 9”x13” baking dish, except milk and cream.

- Now place about 2 lb of any white fish cut up into large chunks on top of the other ingredients. Stir again and place it covered into your preheated oven for 10 minutes.

- After about 10 minutes in the oven, take the chowder out and break up the fish pieces, stir again and put it back in the oven for 30 additional minutes.

- When you are a few minutes from removing it from the oven, in a saucepan mix milk and light cream. Heat this up to scalding but DO NOT BOIL.

- Remove the chowder from the oven, top it with the milk/cream mixture and stir and serve it up!
Thai Seafood Curry

Yield: 4 servings

2 tablespoons vegetable or coconut oil  2 small fresh red Thai chiles or 1 red jalapeño chile
5 green onions, finely chopped, dark green parts 1 Tbl fresh lime juice
separated from white and pale green parts ½ tsp of lime zest
3 tablespoons minced fresh cilantro, divided 1 tablespoon Thai Kitchen fish sauce
3 garlic cloves, minced 1 large carrot, peeled, thinly sliced on diagonal (about 1 cup)
6 tablespoons Thai Kitchen brand green curry paste 4 cups thinly sliced bok choy
1 1/4 cups water 8 ounces uncooked small (preferably Maine) shrimp, peeled, deveined
1 13-to 14-ounce can unsweetened coconut milk 8 ounces bay scallops
1 pound green or black mussels, scrubbed, debearded 2 tablespoons minced fresh basil
2 cups of steamed white or brown rice

- Heat oil in large saucepan over medium heat.

- Add white parts of green onions, 1 tablespoon cilantro, and garlic; sauté until tender, about 2 minutes.

- Add curry paste; cook until fragrant, about 1 minute. Add 1 1/4 cups water, coconut milk, chiles, lime juice, lime zest and fish sauce.

- Bring to simmer. Add carrot; cover and cook until carrot is just tender, about 5 minutes.

- Layer bok choy, shrimp, scallops, and mussels in pan. Cover and simmer until mussels open and seafood and bok choy are cooked (discard mussels that do not open), about 5-10 minutes.

- Stir in dark green parts of green onions, 2 tablespoons cilantro, and basil. Divide rice among 4 shallow bowls.

- Ladle curry over rice and serve.