



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

1½ quarts water

1 tablespoon plus 2 teaspoons salt

2 pounds Hake, or other firm-fleshed fish fillets, cut into large chunks

1 pound linguica 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, linguica, 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 packages of Betty Crocker (or other brand) scalloped
potatoes (just the dry potato slices, not the
seasoning/cheese mixture)
½ cup of rough chopped celery
3 yellow onions, rough chopped
1 stick of butter cut into chunks
2lb of white fish (haddock, etc)
2 cups of milk*

*2 cups of boiling water
¼ tsp dill seed
¼ tsp white or black pepper
¼ tsp minced garlic
2 bay leaves
4-6 whole cloves
2 ½ tsp salt
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
5 green onions, finely chopped, dark green parts separated from white and pale green parts
3 tablespoons minced fresh cilantro, divided
3 garlic cloves, minced
6 tablespoons Thai Kitchen brand green curry paste
1 1/4 cups water
1 13-to 14-ounce can unsweetened coconut milk
1 pound green or black mussels, scrubbed, debearded
2 cups of steamed white or brown rice*

*2 small fresh red Thai chiles or 1 red jalapeño chile
1 Tbl fresh lime juice
½ tsp of lime zest
1 tablespoon Thai Kitchen fish sauce
1 large carrot, peeled, thinly sliced on diagonal (about 1 cup)
4 cups thinly sliced bok choy
8 ounces uncooked small (preferably Maine) shrimp, peeled, deveined
8 ounces bay scallops
2 tablespoons minced fresh basil*

- 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.

Instant Pot Fish Curry - <https://www.paintthekitchenred.com/instant-pot-indian-fish-curry-fish-molee>

