

Portuguese Fish Chowder (Tomato-Based)

Yield: 10 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-cod-rice-recipe>

Ingredients:

- 2 tablespoons olive oil
- 4 cloves garlic diced fine
- 1 onion diced
- 1 fennel bulb cored and diced
- 4 stalks celery diced
- 1/2 teaspoon allspice
- 1 tablespoon paprika optional
- 1 teaspoon chili powder optional
- pinch cayenne optional
- 6 cups fish broth
- 2 bay leaves
- 6 sprigs fresh thyme
- 2 pounds yukon gold potatoes peeled and diced into bite-sized cubes
- 28 ounces tomatoes whole, in juice diced, juice reserved
- 3 chorizo links, sliced into 1/4 inch thick rounds
- sea salt
- pepper
- 1/4 cup fresh parsley chopped and packed
- 2 pounds haddock hake or cod diced into bite-sized pieces
- 2 tablespoons butter good quality
- 2 stalks celery diced
- 1 medium onion diced
- 2 chorizo links, diced into 1/4 inch rounds
- 1 cup dry white wine
- 1/2 teaspoon red chili pepper flakes optional
- 2 black pepper
- 1 tablespoon paprika
- 1 cup flour good quality
- 1 pound large shrimp raw medium to
- 1 pound bay scallops
- 1 pound cod hake or haddock, cut in bite-sized chunks

- 3 cups fish broth or clam broth
- 1/4 cup fresh parsley chopped
- 1 pound potatoes diced and cooked
- 1 pint heavy cream
- sea salt
- pepper

Nutrition:

1. Calories: 940 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 290 milligrams
4. Fat: 53 grams
5. Fiber: 8 grams
6. Protein: 68 grams
7. SaturatedFat: 23 grams
8. Sodium: 1860 milligrams
9. Sugar: 4 grams

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