

Fish Chowder

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-fish-chowder>

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon butter
- 2 yellow onions medium, chopped, about 2 cups
- 1/2 cup dry white wine optional
- 3 yukon gold potatoes large, about 1 1/4 pounds, peeled, cut into 3/4-inch cubes
- 2 cups clam juice
- 1 bay leaf
- 1 tablespoon fresh thyme
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- 1 teaspoon dried thyme
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper freshly
- 1 teaspoon Old Bay optional, can use a little paprika and a dash of cayenne
- 2 pounds cod *, or other firm white fish, pin bones removed, fillets cut into 2-inch pieces
- 1 1/2 cups heavy cream
- 2 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 175 milligrams
4. Fat: 42 grams
5. Fiber: 4 grams
6. Protein: 46 grams
7. SaturatedFat: 20 grams
8. Sodium: 1570 milligrams
9. Sugar: 13 grams

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