

The Seasonal Gourmet

by **GABRIELLE LAFRANCE** /// EAC Volunteer

Hearty Seafood Chowder

Just like spring emerging from a cold Nova Scotian winter, coming home to my father's seafood chowder always warmed me up to my bones. The simmering pot filled with the catch of the day and vegetables, all melting together in a creamy broth, is a taste of home. I hope you'll enjoy this seafood chowder and that it will warm up your kitchen during those early spring days that might still be holding on to the last remnants of winter's chill.



INGREDIENTS

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| 10 large scallops, fresh or thawed frozen | 1 cup lobster, cooked, chopped |
| 3 cups water | 18 shrimp, fresh or thawed frozen, tails removed and deveined |
| 2 large potatoes, washed, chopped into ½-inch pieces | 2 Tbsp chives, fresh, chopped |
| 2 large carrots, washed, sliced into ¼-inch pieces | 2 Tbsp dill, fresh, finely chopped |
| 1 tsp salt | ¼ tsp ground black pepper |
| 1¼ cups 35 per cent whipping cream | 3 bay leaves |
| 1 cup haddock, fresh or thawed frozen, chopped | 1 tsp fresh lemon zest |

DIRECTIONS

- 1 Dry the scallops** and set aside. The drier the surface of the scallops, the better they will sear.
- 2 Heat some oil** in a pot over medium-high heat. Once hot, gently sear the scallops. Cook until golden, about 2–3 minutes per side. Remove the scallops from the pot and set aside.
- 3 Add water, potatoes, carrots and half of the salt** to the pot. Use a wooden spoon to scrape the bottom of the pot. Bring the water to a boil, then reduce the heat and simmer for 12–15 minutes, until the vegetables are tender.
- 4 Pour the cream** into the pot. Bring the chowder back to a simmer and continue to cook for 10 minutes.
- 5 Add the haddock, lobster and shrimp** to the pot. Simmer for 5 minutes.
- 6 Add chives, dill, pepper and remaining salt.** Stir well and adjust the seasoning to suit your taste.
- 7 Ladle the chowder into bowls,** making sure each serving gets a fair share of seafood! Top each serving with pan-seared scallops and a sprinkle of fresh dill.
- 8 Serve hot** with fresh garlic rolls. **Enjoy!**

Gabrielle (she/her) is a recent psychology graduate who is beginning to harbour some regrets for not having studied environmental science. Lately, she's been trying to improve her bouldering, kombucha making and crochet.