

Trout Chowder (Angry Trout Café, Grand Marais) 6 servings.

4 cups vegetable stock  
2 ½ cups dices potatoes (they use Yukon gold or red)  
1 cup diced carrots  
4 T. butter  
¼ cup chopped red onion  
1 clove garlic, minced  
1 ½ celery stalks, diced  
1 bay leaf  
1 t dried dill  
Salt to taste  
White pepper to taste  
8 oz lake trout or other fish, cut into soup sized chunks (I usually use leftover salmon)  
3 T flour  
¾ cup half-and half  
½ cup chopped fresh Italian parsley

- In large pot, boil potatoes and carrots in vegetable stock until tender.
- In a fry pan, sauté onion, garlic, and celery in 2 tablespoons of the butter until tender, then add to the stock. Add bay leaf, dill, salt and white pepper. Simmer for about 5 minutes.
- Add trout, and simmer until trout is cooked through (about 5 minutes) (*of course if you are using leftover cooked fish – just heat till it is warmed up*) Stir gently to avoid breaking up the tender fish chunks.
- Make a roux by melting 2 tablespoons butter in a pan. Add flour and whisk over medium heat for about 3 minutes. Remove from heat, gradually add half and half while whisking until smooth. Do not cook any further.
- Add roux mixture to soup, stir gently, and heat just until soup is just starting to think about boiling then remove from heat. Check seasoning.
- Garnish with chopped fresh Italian parsley.

I like to throw in some peas toward the end of cooking too.