

Coconut Curried Fish Chowder

By Jana

Creamy chowder perfect for a rainy day that is gluten and lactose free!

Ingredients:

1 lb white fish (diced) or 1 lb shrimp (peeled and whole – can cut in half if very large)
Or ½ lb of each if you want to use both
2 medium potatoes, diced (red is the best for soups/stews – they do not turn mushy)
1 medium onion, diced
1 shallot, diced
3 celery stalks, diced
1 cup frozen or fresh corn (optional)
3 tbsp butter
2 - 15oz cans unsweetened coconut milk
2 tbsp fresh grated ginger
8 bay leaves
3-5 tbsp curry powder (depending on how much you like curry)
Pinch of chillies (optional)
Pinch of turmeric
Salt and pepper to taste

- Sauté celery in butter for about 4-5 minutes. Add the onion and shallot and sauté for another 5 minutes.
- Add the potatoes and just enough water to cover all the ingredients. Add bay leaves and grated ginger then simmer over medium heat until potatoes are almost tender.
- Add corn (if using fresh corn it is best to cook it before), curry powder, turmeric, chilli, coconut milk, salt and pepper and simmer for 5 minutes.
- Add fish and/or shrimp, cook for about 6-10 minutes depending on how big your fish pieces and/or shrimp are.

Best if eaten that day, the fish can get mushy if reheated the next day

Suggestions: Add a can of crab right before serving, or fresh cooked crab!

I use Basa fish, Halibut is good too ... basically any fish with white flesh will do