

Salmon Chowder

Ingredients

- 1 1/2 - 2 pounds baked salmon fillet broken into large chunks {see recipe below}
- 6 ounces bacon, diced
- 2 tablespoons olive oil
- 3 cups finely diced yellow onions
- 2 tablespoons of finely diced shallots
- 2-3 bay leaves
- 3-6 sprigs fresh thyme {1 tsp dried thyme}
- 3 pounds Russet potatoes, peeled, cut into bite-size
- 6 cups chicken broth {add 1-2 more cups depending on the desire thickness}
- 1 cup heavy cream
- salt & pepper



Directions

1. Heat a large stockpot over medium-high heat add bacon pieces and cook until browned and crisp, about 5 minutes. Transfer pieces to a paper towel lined plate to drain. Set bacon pieces aside to be used later. Drain the bacon fat from the pot.
2. In the same stock pot, add olive oil, onions, shallots, bay leaves, and thyme. Cook the onions until soft and translucent, about 3-4 minutes.
3. Add cut potato pieces and chicken broth to the pot. Increase the heat to High and bring the liquid to a boil. Reduce the heat to medium, partially cover the pot with a lid and simmer until the potatoes are tender, 10-15 minutes.
4. To thicken the chowder, smash some of the cooked potatoes with a wooden spoon against the side of the pot.
5. Add heavy cream, cooked salmon chunks, half of the cooked bacon pieces, salt and pepper. Stir gently and try not to break-up the salmon pieces. Cook until heated through.
6. Serve with sprinkle of reserved bacon pieces.

Baked Salmon Fillet

- 1 1/2 - 2 pounds salmon fillet with skin on
- 2 tablespoons olive oil
- salt and pepper

Preheat the oven to 425°F

Line baking pan with parchment paper and place the salmon with skin side down. Drizzle olive oil on the salmon and sprinkle with salt and pepper.

Bake for 15-20 minutes, the salmon fillet will be opaque and flakes easily with fork.

For a slightly crispy brown outside, for the last 3-5 minutes of baking, change the oven setting to Broil and move the pan to the upper oven rack. Bake until desired brown color.