

creamy fish chowder

2 T. chicken bouillon  
1 bay leaf  
1 c. diced carrot  
1 c. diced potato  
1 c. diced celery  
1/2 c. chopped onion

1/4 t. crushed oregano  
1 lb. skinless fish fillets  
1/4 c. butter  
1/4 to 1/3 c. flour  
2 c. milk

fresh parsley Combine bouillon and bay leaf with 1 quart water. Add VEGETABLES, 1/4 T. SALT, 1/4 T. PEPPER AND THE OREGANO. BRING TO boiling and reduce. Cover and simmer 10 minutes until vegetables are just tender. Add fish and cook 5 minutes until fish is done. Melt butter, stir in flour, 1/2 t. salt, and 1/8 t. pepper. Add milk all at once and stir until bubbly. Slowly add the thickened mixture to the fish. Remove bay leaf. Garnish bowls with fresh parsley. Makes 4 to 6 servings.

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