



SEAFOOD CHOWDER

INGREDIENTS

FOR THE CHOWDER BASE:

2L Water
50g Knorr Professional Fish Bouillon Paste

FOR THE FISH BASE:

20g Butter
20g Olive oil
120g Celery
120g White onion
250g Potato
500g Haddock
500g Salmon
500g Mussels
500g King prawns
300g King scallops
200ml White wine
100g Hellmann's Real Mayo

TO SERVE:

50g Flat leaf parsley
30g Sweetcorn
800ml Double cream

METHOD

FOR THE CHOWDER BASE

- Bring the water to the boil then whisk in the KNORR Professional Fish Bouillon Paste.
- Finely dice the onion and celery. Peel and dice the potatoes.
- Then sweat the onions and celery in butter until softened.
- Add in the potatoes and cook for a few minutes in the butter. Then add the fish bouillon and cook the potatoes until tender.
- Strain the stock and set the vegetables to one side.
- Bring the stock back to the boil and reduce by half.
- Turn down the heat then whisk in the HELLMANN'S Real Mayonnaise until it has the consistency of single cream. Then set aside until required.

FOR THE FISH BASE:

- Dice the salmon and haddock.
- De-vein the prawns.
- Pan fry the fish and seafood, except the mussels, in a little olive oil. Once coloured on one side, turn over and add in the mussels.
- Add in the white wine and cover with a lid.
- Once the mussels have opened remove the lid.
- Reduce the white wine by a two thirds.

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SEAFOOD CHOWDER (CONTINUED)

INGREDIENTS

TO SERVE:

- 50g Flat leaf parsley
- 30g Sweetcorn
- 800ml Double cream

METHOD

TO SERVE:

- Add the stock, vegetables and sweetcorn to the fish pan and bring to the boil.
- Finish with the double cream and season to taste.
- Serve in a bowl garnished with flat leaf parsley.

