

Salmon and Sweetcorn Chowder

Serves 4

175g (6oz) Scottish Quality Salmon fillet, skinned and cubed

25g (1oz) butter

1 medium carrot, diced

1 small onion, chopped

1 leek, sliced

1 medium potato, peeled and cubed

600ml (1 pint) milk

300ml (1/2 pint) chicken or vegetable stock

salt and pepper

1 x 200g (7oz) sweetcorn, drained

142ml (1/4pt) double cream

1 tbsp fresh chopped parsley



1 Melt butter in a pan. Add the carrot and cook for 2 minutes.

Add the onion and leek and stir until transparent.

2 Stir in the potato and cook for a further minute before pouring in the milk and stock.

3 Season well, heat to just below boiling point and simmer gently for 10 minutes. Add the corn and the salmon and simmer for another 3~4 minutes.

4 Stir in the cream and serve sprinkled with the parsley