



Salmon and Dill Chowder with Pastry Crust

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

1015 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 small ribs celery chopped
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon crab boil seasoning recommended: Old Bay
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 cups cooking wine dry white
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 bay leaf fresh

- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 cup heavy cream
- ☐ 1 large idaho potato chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 slices optional: lemon
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup peas frozen
- ☐ 1 sheet puff pastry frozen prepared recommended: DuFour
- ☐ 12 ounce salmon fillet skinless
- ☐ 1 onion sweet chopped

Equipment

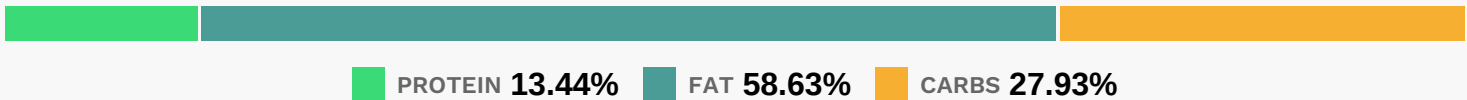
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Choose 4 bowls or shallow small casseroles to serve in and use one of them as a template to cut out 4 pastry pieces the size and shape of your serving dishes. Use a sharp paring knife to work around your dish. Arrange the pastry on a nonstick baking sheet or on a parchment paper-lined baking sheet. Beat the egg with a splash of water and brush the dough with egg wash.
- ☐ Bake for 10 to 12 minutes, or until deeply golden and puffed.
- ☐ Meanwhile, season the fish with a little salt and pepper.

- ☐ Place the salmon in a small skillet with the wine, just enough to come up to the top of the fillets.
- ☐ Add the bay leaf and lemon slices. Bring the fish to gentle boil, lower the heat, and then simmer for about 8 to 10 minutes, or until opaque.
- ☐ While the fish poaches, in a medium Dutch oven over medium-high heat, heat the extra-virgin olive oil.
- ☐ Add the onion, celery, and potatoes. Season with salt, pepper, and crab boil seasoning. Cover and sweat the vegetables for 8 minutes, stirring occasionally.
- ☐ Turn off the heat under the salmon.
- ☐ Remove the salmon to a dish and flake it up. Strain the broth and reserve about 1 to 1 1/2 cups.
- ☐ Add the chicken stock, reserved fish stock, and cream to the vegetables. While it comes to a boil, make a roux in small skillet. Melt the butter, and then whisk in the flour.
- ☐ Add the stock and whisk for 1 minute. Stir in the Dijon.
- ☐ Add the roux to the soup and cook for about 3 to 4 minutes to thicken the chowder to the consistency of loose gravy.
- ☐ Add in the peas, flaked salmon, and dill and heat through.
- ☐ Serve in individual dishes topped with pastry tops.

Nutrition Facts



Properties

Glycemic Index:115.4, Glycemic Load:31.45, Inflammation Score:-9, Nutrition Score:34.886521857718%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin:

13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg

Nutrients (% of daily need)

Calories: 1014.78kcal (50.74%), Fat: 62.43g (96.04%), Saturated Fat: 25.34g (158.37%), Carbohydrates: 66.89g (22.3%), Net Carbohydrates: 61.89g (22.51%), Sugar: 11.38g (12.64%), Cholesterol: 173.58mg (57.86%), Sodium: 522.46mg (22.72%), Alcohol: 9.27g (100%), Alcohol %: 1.73% (100%), Protein: 32.21g (64.41%), Selenium: 57.7µg (82.43%), Vitamin B6: 1.37mg (68.65%), Vitamin B3: 13.15mg (65.72%), Vitamin B2: 0.9mg (52.79%), Vitamin B12: 2.91µg (48.49%), Vitamin B1: 0.71mg (47.09%), Manganese: 0.9mg (44.89%), Phosphorus: 426.05mg (42.6%), Potassium: 1369.66mg (39.13%), Folate: 151.78µg (37.94%), Vitamin K: 38.47µg (36.64%), Vitamin A: 1681.27IU (33.63%), Iron: 5.18mg (28.8%), Copper: 0.57mg (28.67%), Vitamin C: 23.43mg (28.4%), Magnesium: 98.94mg (24.73%), Vitamin B5: 2.29mg (22.86%), Fiber: 4.99g (19.97%), Zinc: 2.19mg (14.59%), Calcium: 141.26mg (14.13%), Vitamin E: 1.86mg (12.43%), Vitamin D: 1.17µg (7.81%)