



*cara price*

## SEAFOOD CHOWDER

### INGREDIENTS

½ pound bacon, diced  
2 medium onions, diced  
4 cups cubed yellow potatoes, cut into bite-size cubes (I used golden Yukon)  
4 cups vegetable broth  
1-pound wild sea scallops, cut into halves  
1-pound wild shrimp, cut into halves if larger than bite size  
1-pound wild cod, cut into bite-size pieces  
¼ cup butter, ghee, or non-dairy butter substitute  
1 ½ teaspoons salt  
2 tablespoons dried parsley  
1 tablespoon seafood seasoning  
2 cups light coconut milk  
1 - 12 ounce can, coconut evaporated milk  
2 tablespoons gluten-free flour  
Chopped parsley, garnish

### DIRECTIONS

In a large Dutch oven cook bacon over medium heat until crisp. Remove with a slotted spoon & set aside. Reserve drippings in pan.

Add in the butter until melted. Then sauté onions until golden. Sprinkle flour over butter & onions, stir quickly to make a roux.

Quickly add in the potatoes & vegetable broth to the pan. Stir well, then pour in both types of coconut milk. Add in salt, dried parsley & seafood seasoning & stir well. Bring to a boil, then reduce heat to medium & cook about 10 minutes. (you want a slight boil around the edges, but not a rapid one). Check that the potatoes are done. If not, continue cooking & check at 2-minute intervals.

Once potatoes are tender, increase heat again & immediately add in all seafood. Cook for 4 minutes at a medium boil. Turn off heat & add bacon back into the pot, garnish with a handful of fresh chopped parsley & serve. Serve hot - stores well in the fridge for up to 4 days.

**Chef's note:** this is one of those dishes that the steps need to be followed pretty quickly so I highly recommend prepping all ingredients prior to beginning cooking.