



Greenmarket Recipe Series

WINTER MARKET FISH CHOWDER

By Mary Cleaver of Green Table Farms and Cleaver Co.

Serves 4 – 6

My inspiration for cooking, other than the people I do it for, is what is in season and available at the farm or Greenmarkets. I typically peruse the market first to see what producers have to offer and then decide what to cook. Walking the Union Square Greenmarket on a wet, raw day in late January thinking about seafood brought to mind memories of years spent along the coast near the old whaling town of New Bedford, and then the comfort of a fish chowder against the chill. This recipe concept brings together the classic milk-based New England chowder with a Portuguese Kale Soup – this time in the form of overwintered broccoli raab.

Ingredients

- *3 – 4 oz Smoked Sliced Bacon, cut into ½ inch strips or lardoons if from slab bacon
- *6 small Onions, medium to fine chopped
- *2 Large Cloves Garlic, chopped fine
- *6 small Carrots, medium to fine chopped
- 1 Small Bay Leaf
- *½ tsp Thyme, Crumbled if dried or Fresh Chopped
- *½ tsp Sage, Crumbled if dried or Fresh Chopped
- 3 Cups Fish Stock, Oyster Liquor, Water or some combination thereof**
- *8 +/- Mixed Variety of Fingerling Potatoes, cut into ½ to 1” pieces
- *1 bunch overwintered Broccoli Raab
- *3 Cups Milk
- *12 oz Market Fish cut into 1” pieces. Today’s is a combination of Monkfish, Pollack and Skate
- S&P
- 1 small bunch Parsley, leaves only, fine chopped (save some for the garlic bread recipe below!)

**Ingredients available seasonally at your neighborhood Greenmarket*

Instructions

- Warm a 4 – 6qt heavy bottomed pot on the stove, add the bacon and cook over low heat to render the fat. Once the bottom of the pan is covered with fat and the bacon meat has deepened in color, remove the bacon from the pan with a slotted spoon to a bowl and set aside for later. Gently press to release all the fat into the pot.

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- Add the chopped onions to the pan and sweat in the fat over low heat, stirring from time to time, until they soften and become translucent. Add the garlic and sweat another minute or two, then add carrots, bay leaf and herbs and stir to blend.
- Next add the broth and the potatoes, turn up the heat to boil and simmer 10 minutes or so until the potatoes are cooked. Stir in the broccoli raab then add the milk. Warm the milk but do not let return to a boil.
- Add the bacon back to the pot, add the fish pieces and poach - cooking at just below the boil – for about 3 minutes until fish is just cooked through. Taste for seasoning adding salt as needed, and ground pepper.
- Spoon or ladle the fish and veg in the center of wide soup bowls and ladle the steaming liquid around it. Sprinkle some parsley generously over top.

****Simple fish stock is made by putting a fish carcass, head, and/or bones in a saucepan, covering with water. Feel free to add onion, grated carrots, celeriac, or leeks to the liquid for added flavor. Simmer for 20-30 minutes, skimming as it cooks. Strain through a fine mesh strainer and set aside or freeze until ready to use.**

GARLIC BREAD

This is a delicious and simple garlic bread that can easily be made while preparing the chowder.

- *1 Crusty Baguette or bread of your choice
- *3 - 4 TBL softened butter
- *2 cloves of garlic, fine chopped
- *Parsley, fine chopped
- S&P

****Ingredients available seasonally at your neighborhood Greenmarket***

Instructions

- Heat oven to 400°
- Mix butter, garlic, and parsley together with a fork until well blended into a paste. Slice baguette down the middle, smear butter evenly throughout, wrap in foil and heat for 5+ minutes in the oven. Slice and serve with chowder.

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