

# New England Fish Chowder

## Ingredients

- 2 Tablespoons Butter
- 1 onion, chopped
- ½ cup chopped carrots
- ½ cup chopped celery
- 1 small red bell pepper, chopped
- 2 cups chopped, unpeeled red potatoes
- ½ teaspoon dried oregano or basil
- 2 (8-ounce) bottles clam juice
- 1 lb. fish, such as haddock, cod, scallops or combination
- 2 cups half-and-half
- ¼ teaspoon each, salt and black pepper
- ½ cup chopped fresh parsley

## Mise en place! (Everything in its place)

### Directions

1. Grease baking dish and bake fish at 350° for 20 minutes.
2. Melt butter in large heavy saucepan.
3. Add onion, carrots, celery, potatoes and oregano. Sauté 10 minutes.
4. Add clam juice and red peppers. Simmer 5-7 minutes or until potatoes are fork tender.
5. Add half-and-half, salt and pepper.
6. Break up fish into desired size pieces.
7. Gently stir in fish; heat thoroughly. Add parsley. Serves 4.

[Link to Video](#)