



KINNITTY CASTLE

HOTEL
SINCE 1209

RECIPES FROM THE CASTLE

Mark's Seafood Chowder 'Kinnitty Style'

INGREDIENTS

(Serves 6)

2 tbs Rapeseed Oil

250g onions, finely diced

25g plain flour

3/4 pint Milk

100g Carrots, finely diced

100g Celery, finely diced

1½ pints of Fish Stock (Bouillon will do) or water

6 medium size potatoes, peeled & diced

1½ lb of Fish, any fish will do, ie. salmon, cod, monkfish, haddock, etc

¼ pint of single cream

1lb mixed shellfish, cooked, ie. mussels, clams, prawns



METHOD

Heat oil in a good, heavy bottom saucepan. Add onions, carrots & celery. Sweat for 5 mins then add the flour and cook for 2 mins, stirring constantly.

Add fish stock or water gradually, add the milk. Season well with salt & pepper. Add the potatoes and simmer until just cooked (7-10 mins).

Cut the fish into 1 inch cubes. Add to the pot once the potatoes are cooked. Simmer gently for 3-5 mins. Add the cream & cooked shellfish, simmer for another 3-4 mins.

Taste & add seasoning if needed, finish with chopped herbs (dill, flat leaf parsley, chives).

Serve with fresh brown bread & enjoy!

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