

NEW ENGLAND FISH CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	15 g	12 g	6 g	39 mg	348 mg	95 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	8 oz		
BACON FAT,RENDERED	2-3/8 oz	1/4 cup 1-2/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
POTATOES,FRESH,PEELED,CUBED	7 lbs	1 gal 1-1/8 qts	8-5/8 lbs
WATER	16-3/4 lbs	2 gal	
BUTTER	1-1/4 lbs	2-1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 1 cup	
WATER,WARM	23 lbs	2 gal 3 qts	
FISH,FLOUNDER/SOLE FILLET,RAW,2 INCH PIECES	10 lbs		
PEPPER,WHITE,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	<1/16th oz	1 tbsp	
SALT	1-7/8 oz	3 tbsp	

Method

- 1 Cook bacon until crisp using Recipe Nos. L 002 00 or L 002 02. Drain; finely chop; set aside for use in Step 6. Reserve appropriate amount of bacon fat for use in Step 2.
- 2 Saute onions and celery in bacon fat about 7 minutes or until crisp.
- 3 Add potatoes and water to onion-celery mixture; cook until potatoes are almost tender but still firm, about 10 minutes.
- 4 Blend butter or margarine and flour to form a roux; set aside for use in Step 6.
- 5 Reconstitute milk; add to potato mixture. Heat to just below boiling. DO NOT BOIL.
- 6 Add roux and cooked bacon to milk and potato mixture. Cook until thickened or about 10 minutes.
- 7 Add fish, pepper, thyme, parsley and salt to mixture. Simmer 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.