

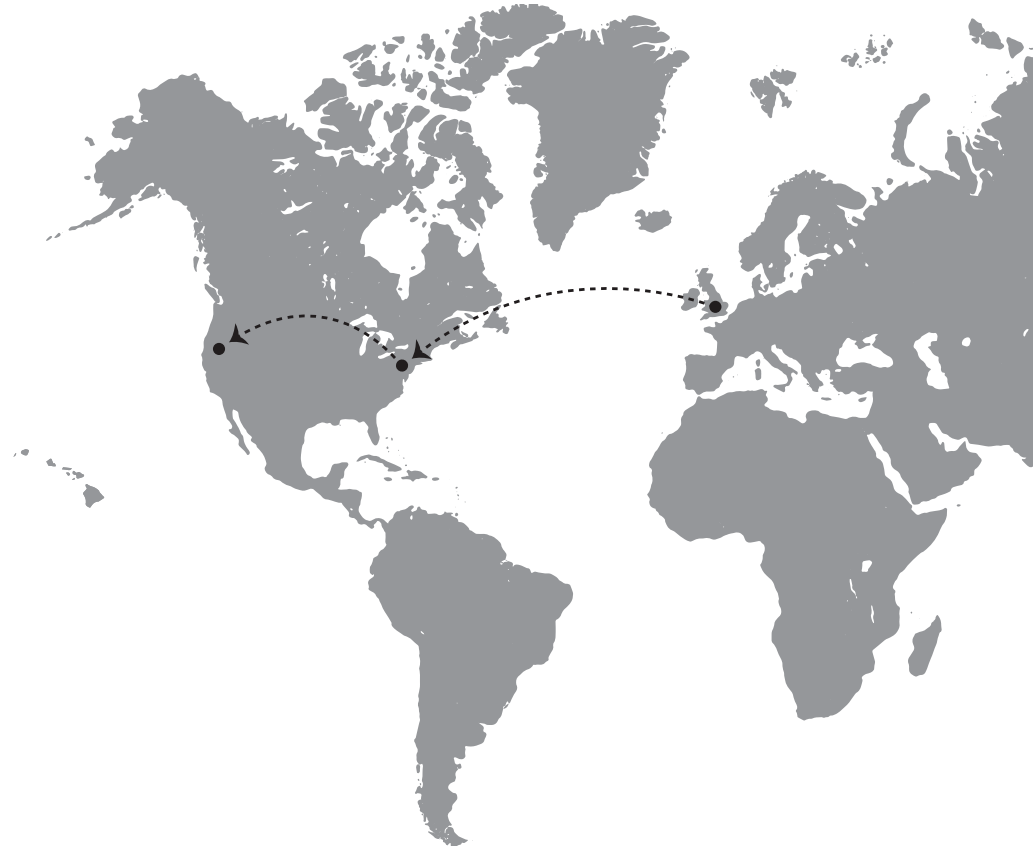
**10TH ANNUAL  
CULINARY WEEK**

Anderson University Center  
April 2-6, 2018

Following the way  
food evolves as  
populations migrate.

# CHOWDER CHOW DOWN

Hosted by:  
Dave Garber



FOLLOW THE FOOD

# Salmon Cheddar Chowder



## Ingredients:

8 oz butter, unsalted	2 tbsp minced garlic	10 oz raw salmon	1/3 cup tabasco
8 oz Applewood smoked bacon	8 oz + all purpose flour	3 cups potatoes, med dice	to taste kosher salt
1/2 cup yellow onion, small diced	3 qt vegetable stock	1 qt heavy cream	to taste white pepper
3/4 cups carrots, small diced	2 Tbsp black peppercorns	2 cups shredded cheddar cheese	2 tsp paprika
3/4 cups celery, small diced	1 ea large lemon, wedged	1/4 cup chopped fresh dill	

## Procedure

**Step One:** Add 8oz. of butter to a large sauce pot (5 quart minimum) and melt over med/low heat. Add applewood smoked bacon and render the fat, about 3-4 mins. Add mirepoix and garlic and cover with a lid. sweat veggies until the onions are translucent (approximately 4 min). Add the flour, add enough so that your roux doesn't look like it's sweating. Work the flour and butter mixture continuously but gently for at least 5 min. and up to 10 min. Pay careful attention to scrape the sides and bottom so that it doesn't burn. Set aside.

**Step Two:** Combine vegetable stock with lemon wedges and black peppercorns in a med sauce pot (3.5 quart minimum) and bring to a gentle simmer, do not boil. Add the raw salmon to the stockpot and poach until it reaches a temperature of about 110° F. Remove salmon and gently flake then set aside. Strain vegetable stock into the roux mixture in small amounts mixing the roux until smooth after each addition. When all the vegetable stock is added, keep at a low simmer.

**Step Three:** In a 2 quart pot bring water to a boil and add your cleaned diced potatoes. Cook them until just tender, strain and set aside. (\*this can be done ahead of time if you don't have enough pots, if so chill the potatoes after they are cooked until you are ready to complete Step 4.)

**Step Four:** In a 2.5+Qt pot bring the heavy cream to a boil and reduce the cream by approximately 20%. Stir regularly to prevent it from boiling over. Whisk in the cheddar cheese until fully melted. Add to the chowder. Add cooked potatoes and cooked flaked salmon to the chowder.

**Step Five:** Finish the chowder by adding tabasco, fresh dill, paprika, salt and pepper to taste. Serve immediately, hot hold at 140° F, or chill in 2 inch deep pan for future use. Shelf life is 3-5 days. Freezing not recommended.