

# Long Island Chowder

Created for a project with Cornell Cooperative Extension to celebrate Long Island's local, underutilized seafood, this hearty chowder is a true taste of the coast. Loaded with fresh fish and vibrant vegetables, it's a nourishing one-pot meal that can be enjoyed on its own or served over quinoa or rice for a more substantial dish. Simple, flavorful, and packed with goodness, it's a perfect way to savor the best of local ingredients.

## INGREDIENTS

- 1 pound porgy, filleted
- 1 pound squid, cut into bite sized pieces
- 1 lemon, to clean fish
- 1 teaspoon salt, to clean fish
- 6 tablespoons extra virgin olive oil
- 1 large yellow onion, thinly sliced
- 1/2 cup leek, thinly sliced
- 2 cloves garlic, minced
- 2 stalks celery, thinly sliced 1/2 moons (about 1/2 cup)
- 2 small-medium russet potatoes, large dice (about 2 cups)
- 1 teaspoon salt
- 1/4 teaspoon white pepper, or black
- 1 pint grape tomatoes, halved (or 1 15 oz can diced tomatoes)
- 5 cups vegetable broth or water, or a combination
- 1 small can tomato paste
- 1 large sprig rosemary, minced (or 1/2 T dry)
- 1 tablespoon fresh thyme, picked (or 1/2 T dry)
- 1 tablespoon fresh oregano, rough chop (or 1/2 T dry)
- 2 lemon, juiced (or 1 lemon + 1 cup white wine)
- 1/4 cup flat leaf parsley, rough chop

## STEP 1

In a large pot, heat oil on medium. Add onion, leek, garlic, celery, potatoes, salt and pepper. Let cook, frequently tossing to avoid burning, while you clean fish (see next step)

## STEP 2

To clean fish, place in large bowl and cover with cold water. Add 1 teaspoon of salt and juice of one lemon. Gently mix with your hands (or a wooden spoon) and let sit for one minute. Then rinse under cold water, separating the squid from the porgy, and place on a clean, dry side towel or layered paper towel.

## STEP 3

Chop the squid into small bite sized pieces or rough chop in a food processor. Add to pot and mix well. Cook for 3 minutes.

## STEP 4

Then add tomatoes (fresh or canned), broth (or water) and tomato paste to pot. Gently mix.

## SERVES

8

## TIME

🕒 45m

## SHOPPING LIST

- 1 pound porgy, filleted
- 1 pound squid
- 3 lemon
- 1 bottle extra virgin olive oil
- 1 large yellow onion
- 1 large leek
- 1 head garlic
- 1 bunch celery
- 2 small-medium russet potatoes
- white pepper, or black
- 1 pint grape tomatoes
- 2 containers vegetable broth
- 1 small can tomato paste
- 1 bunch rosemary
- 1 bunch thyme
- 1 bunch oregano
- white wine (optional)
- 1 bunch flat leaf parsley

## EQUIPMENT

- Large bowl
- Large covered pot with heavy bottom
- Food processor (option to chop squid)

## STORAGE

Store in the fridge for 3-4 days or in the freezer for up to 2-3 months

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## STEP 5

For the porgy, the best way to navigate the bones is to pull the flesh from the skin and run your fingers through. Take all meat and place in pot and gently mix.

## STEP 6

Then add fresh herbs, cover pot and cook for 20-30 minutes until the potatoes are soft.

## STEP 7

Finish dish with lemon and parsley. Add more salt to taste.