

# 6<sup>th</sup> Annual Sustainable Seafood Taste-Off

September 25, 2011



Sustainable Seafood Taste-off host, Rachael Spencer, with Chef Tom McNary of Carried Away

## Wild Salmon & Scallop Chowder with Saffron & Basil

*By Tom McNary of Carried Away, Aptos, CA*

Serves 8-10

- 3 tbsp. extra virgin olive oil
- 1 fennel bulb, thinly sliced
- 2 c. sliced yellow onion
- 1 c. diced carrot
- 1 ½ c. diced celery

1 ½ tbsp. chopped garlic  
2 lb. tomatoes, peeled, seeded and chopped  
1 c. dry white wine  
1 tsp. saffron threads, crushed  
1 ½ lb. potatoes (e.g. Russet, Yukon Gold), peeled and cubed  
8 c. fish stock  
¾ lb. wild salmon, cut into 1 inch cubes  
¾ lb. scallops (sea scallops), cut into bite-sized pieces  
juice of 2 lemons  
3 tbsp. chopped or hand-torn basil  
salt and pepper

In soup pot over medium heat, cook fennel and onion in olive oil until soft. Add carrots, celery and garlic and cook for 1-2 min. Add tomatoes, wine, saffron, potatoes, fish stock and simmer until potatoes are tender, about 20 min. Add salmon and scallops and simmer additional 5 min. Remove from heat and finish with lemon juice and basil. Adjust for seasoning with salt and pepper.