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Rockport Fish Chowder

Ingredients

- 2 tablespoon oil, vegetable
- 3/4 cup(s) onion(s), coarsely chopped
- 1/2 cup(s) celery, coarsely chopped
- 1 cup(s) carrot(s), sliced
- 2 cup(s) potato(es), peeled and cubed
- 1/4 teaspoon thyme
- 1/2 teaspoon paprika
- 2 cup(s) clam juice
- 8 peppercorns, black
- 1 bay leaf
- 1 pounds fish, cod, fillets, fresh or frozen, cut into 3/4-inch cubes
- 1/4 cup(s) flour, all-purpose
- 3 cup(s) milk, lowfat (1%)
- 1 tablespoon parsley, fresh, chopped

Preparation

1. Heat oil in a large saucepan. Add onion and celery and sauté for about three minutes.
2. Add carrots, potatoes, thyme, paprika, and clam broth. Wrap peppercorns and bay leaves in cheese cloth. Add to pot. Bring to a boil, reduce heat, and simmer 15 minutes.
3. Add fish and simmer an additional 15 minutes, or until fish flakes easily and is opaque.
4. Remove fish and vegetables; break fish into chunks. Bring broth to a boil and continue boiling until volume is reduced to 1 cup. Remove bay leaves and peppercorns.
5. Shake flour and half-cup low-fat (1%) milk in a container with a tight-fitting lid until smooth. Add to broth in saucepan with remaining milk. Cook over medium heat, stirring constantly, until mixture boils and is thickened.
6. Add vegetables and fish chunks and heat thoroughly. Serve hot, sprinkled with chopped parsley.