

### **Ron's Favorite Seafood (Fish) Chowder**

I saw this recipe years ago & it's always been a cold weather favorite! Looks complicated but it's really easy to prepare. Even better the second day.

2 bell peppers, 1 red & 1 green  
2 medium onions  
2 cloves of garlic  
2 stalks of celery, chopped  
2 tbsp. olive oil  
2 potatoes, diced  
1 ears of corn (kernels removed) or 1 cup frozen or canned corn (not creamed)  
1 - 28 oz. can of crushed tomatoes  
3 cups water  
1 cup white wine  
1 1/2 lbs firm white fish (cod works well), cut into 1 inch chunks  
1/2 lb medium shrimp  
1/2 lb bay scallops (optional)  
1/2 cup light cream  
1/2 cup parsley flakes  
1/2 tsp cayenne pepper (optional)  
1/2 tsp orange zest  
1/2 tsp Thyme  
1/4 tsp Anise seed  
1 Bay leaf  
salt & pepper to taste

In a large Dutch oven, heat olive oil, then carefully add peppers, onions, garlic & celery. Sauté until limp, about 10 minutes. Turn down heat & add tomatoes. Bring to a boil. Stir constantly to prevent burning. Add potatoes & corn. Let simmer 20 minutes. Add water & wine.

Add orange zest, thyme, cayenne, anise seed & bay leaf. Bring back to low boil & allow to simmer another 20 minutes or until potatoes are cooked through. This may be left to cool before finishing, flavors will intensify. Add salt & pepper to taste.

About 30 minutes before serving, bring back up to boil. Add fish & shrimp. Boil about 10 minutes or until fish turns opaque white. Remove from heat. Add cream & parsley.

Let cool 10 to 15 minutes before serving.

Remember that when cooking with wine, use one that you would actually drink as opposed to a so-called cooking wine. If it's not good enough to drink on its own, it's not good enough to cook with.

Serve with [Cheese gougere](#) (recipe next page) or popovers.