



NEW ENGLAND LOBSTER AND COD CHOWDER

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Ingredients:

Salt Pork	2 ounces
Onions	1/4 lb.
Potatoes, peeled and cubed 1/2 inch	1 lb.
Milk	2 quarts, plus 2 cups
Lobster Base	4 Tbsp.
Cod fish	1/2 lb.
Worcestershire	1/2 tsp.
Light cream	1/2 cup
Lobster meat	1/2 lb.

Procedure:

- Cut the salt pork into small dice.
- Chop onions into small dice.
- Render fat from salt pork, remove and set aside.
- Add butter if needed and sauté onions until transparent. Do not brown.
- Peel and cube potatoes. Add to pot and cover with 2 quarts of milk. Add lobster base and cook for 15-20 minutes or until potatoes are tender.
- Cut fish into large pieces. Add to potatoes. Add more milk to cover fish if needed. Simmer for 10-15 minutes
- In a separate saucepan, combine milk and cream. Heat until it is hot.
- Add the hot liquid to the chowder base along with the Worcestershire sauce and adjust seasoning.
- Add the lobster meat to the chowder. The lobster meat should be cooked separately and early enough for it to cool so you can remove the meat. You can also add the cooking liquid from the lobster to the chowder for extra flavor. Serves 8.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.