

## Seafood Chowder

This chowder features everything but the kitchen sink.

- 2 cups (500 ml) lobster meat
- 1 lb (500 g) mussels or clams, steamed and shucked
- 1 lb (500 g) fish fillets
- ½ cup (125 ml) chopped onion
- ¼ cup (50 ml) butter or margarine
- 2 Tbsp (25 ml) flour
- 4 cups (1ltr) peeled, diced potatoes
- 1 cup (250 ml) water
- 1 lb (500 g) scallops
- 4 cups (1ltr) blend cream
- 3 cups (750 ml) milk
- 1 tsp (5 ml) salt
- pinch white cayenne pepper

If frozen, thaw lobster, reserving liquor. Remove any bits of shell or cartilage and cut into bite-size pieces. Debone fish fillets and cut into small pieces; set aside. In a heavy saucepan sauté, onions in butter until tender. Stir in flour and cook one minute. Add potatoes and enough water to cover, bring to boil, cook until tender. Add fish and scallops and simmer for five minutes, stirring once or twice. Add blend, milk, lobster, lobster liquor, mussels, and seasonings. Heat gently and serve.

Makes 12 servings.